

Hafa Adai!

Fitch affirms 'BB' rating of CNMI Seaport Revs; outlook stable. **PAGE 2**
Seven lawmakers attend casino summit in Manila. **PAGE 3**

\$1

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72-hour work starts April 24

By **FERDIE DE LA TORRE**
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REPORTER

Gov. Arnold I. Palacios is cutting the work schedule of some Executive Branch employees to just 72 hours starting April 24, 2023, and through the end of Fiscal Year 2023.



Palacios

» **In general, Executive Branch departments will shut down every other Monday**

Affected employees are those under the Executive Branch whose personnel costs

See **WORK** on Page 4

Cyberattack causes Docomo outage

By **MARK RABAGO**
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

» **Businesses struggle to cope with unavailability of credit card machines**

Docomo Pacific subscribers in the CNMI were bereft of cellular phone and internet service last Friday and Saturday after a cyberattack was perpetrated against the telco's servers.

A Friday new release from Doco-

mo Pacific president and CEO Roderick Boss confirmed the

See **DOCOMO** on Page 4

BMV chief is indicted for alleged license fraud

By **KIMBERLY B. ESMORES**
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REPORTER

The U.S. government has indicted Bureau of Motor Vehicles director Juana De-leon Guerrero on a charge of license fraud.

See **BMV** on Page 4

111 students compete in STEM Fair

A total of 111 public and private school students from kindergarten to Grade 12 from Saipan, Tinian, and Rota competed in the state level CNMI Public School System Island-

See **STEM** on Page 4

'TOUCHBACK' COUNTDOWN
Days until
'touchback rule'
takes effect on
Sept. 30, 2023:
194



'BYE FOR NOW!

An F-22 Raptor assigned to the 525th Expeditionary Fighter Squadron, Kadena Air Base, Japan, launches from the Tinian International Airport in the Northern Mariana Islands, at the conclusion of Exercise Agile Reaper 23-1 last March 7, 2023. Throughout the weeklong exercise, F-22 Raptors flew sorties from locations within the CNMI in a first for the aircraft.

U.S. AIR FORCE/TECH. SGT. HAILEY STAKER

INSIDE



BUSINESS

Tapped Out held its grand opening with the promise of becoming Saipan's No. 1 watering hole.

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NATION

Donald Trump claims that his arrest is imminent and called on his supporters to protest.

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LIFE & STYLE

Cultural artifacts that had been smuggled out from Cambodia were welcomed home Friday.

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Local

Fitch affirms 'BB' rating of CNMI Seaport Revs; outlook stable

Credit rating agency Fitch Ratings has affirmed the "BB" rating on approximately \$14.2 million of outstanding Commonwealth Ports Authority, Commonwealth of the Northern Mariana Islands senior series 1998A and 2005A seaport revenue bonds. The rating outlook is stable.

The rating reflects the essentiality of the ports to a small, island economy amidst high exposure to economic volatility from tourism and a nearly 100% import-based cargo operation. The rating also considers CPA's sustained revenue performance and history of controlled expenses. Despite recent adverse impacts on operational performance, CPA is expected to maintain financial metrics supportive of the current rating level. Under Fitch's rating case scenario, coverage levels average 1.5x through 2027. CPA further benefits from robust liquidity levels that provide some mitigation to a prolonged softening of cargo demand.

KEY RATING DRIVERS

Revenue Risk — Volume — Weaker

Concentrated but Vital Cargo Base

The seaports remain essential for the import of goods to an island economy; however, there is potential for stagnant operational trends, due to the CNMI's exposure to macro-economic factors and its elevated dependence on a limited tourist base. Volume stability is expected, given that food and fuel related cargos account for approximately 50% of import-dependent revenue tonnage.

Revenue Risk — Price — Weaker

Limited Pricing Power

The CNMI's narrow economy and exposure to economic volatility limit management's economic flexibility to raise rates on seaport system tenants and users. Following the last increase in 2009, the authority's focus has instead been on effective containment of operating expenses.

Infrastructure Dev. & Renewal — Midrange

Modest Capital Improvement Plan

The ports once handled nearly twice as much cargo

and are in satisfactory condition to deal with current and forecasted demand. The authority's capital improvement plan is manageable and funded with grants and internally generated funds. No additional debt is anticipated in the near to medium term.

Debt Structure — Senior — Stronger

Conservative Capital Structure

The authority maintains 100% fixed-rate, fully amortizing debt with a level debt service profile and a 2031 final maturity. Structural features and reserves are sufficient and consistent with other Fitch-rated ports.

CPA maintained favorable leverage and liquidity metrics offset by a modest coverage ratio of 1.4x in fiscal 2022 (unaudited). Estimated fiscal 2022 net debt-to-cash flow available for debt service is negative, reflecting cash balances exceeding debt outstanding. The CPA maintains strong balance sheet cash and reserves available for operating expenses, with days cash on hand currently exceeding 1,200. These

liquidity and leverage metrics provide the CPA with some degree of flexibility to meet financial commitments in weak performing periods. Rating case coverages are expected to average 1.5x through the projection period.

BEST/WORST CASE RATING SCENARIO

International scale credit ratings of Sovereigns, Public Finance and Infrastructure issuers have a best-case rating upgrade scenario (defined as the 99th percentile of rating transitions, measured in a positive direction) of three notches over a three-year rating horizon; and a worst-case rating downgrade scenario (defined as the 99th percentile of rating transitions, measured in a negative direction) of three notches over three years. The complete span of best- and worst-case scenario credit ratings for all rating categories ranges from 'AAA' to 'D'. Best- and worst-case scenario credit ratings are based on historical performance. For more information about the methodology used to determine sec-

tor-specific best- and worst-case scenario credit ratings, visit <https://www.fitchratings.com/site/re/10111579>.

CREDIT UPDATE

Revenue trends have been volatile since 2018, attributed to the pandemic and reductions in inbound revenue tonnage and damage from storms such as Super Typhoon Yutu that have passed through the CNMI. While the ports are located in an island economy with exposure to tourism, CPA also has a mix of non-operating revenues (grants and interest income) to help offset declines in operating revenue.

The seaport system benefits from a natural monopoly position, with 90% of goods entering the Northern Mariana Islands passing through the ports of Saipan, Tinian, and Rota. Total tonnage in fiscal 2022 improved slightly by 0.6% from the prior year, with nearly 455 thousand metric tons of cargo moving through the ports (representing 80% of fiscal 2019 volumes).

Total operating revenues for the seaport system, which consist primarily of harbor and non-harbor revenues, increased 18.5% to \$7.7 million

in fiscal 2022 (unaudited). Estimated operating expenses in fiscal 2022 (unaudited) increased 22.4% to \$3.5 million from \$2.8 in fiscal 2021, primarily due to increases in employee salaries and wages, operating and maintenance and insurance. CPA also experienced cost increases for supplies and materials attributed to supply chain challenges and inflation.

Debt service coverage in fiscal 2022 (unaudited) is estimated at 1.4x, and leverage remains negative, benefitting from strong balance sheet cash and reserves. Though coverage is expected to remain depressed over the next 1-2 years, the slower recovery of seaport operations and revenue is offset by a low debt service obligation of just over \$3 million through 2028 before stepping down to \$540,000 through maturity in 2031.

FINANCIAL ANALYSIS

Given that cargo volumes have not yet recovered to historical levels, Fitch's rating case is also considered the base case. Fiscal 2022 revenue performance is based on preliminary actual performance. The differences for each case focus on the level and speed of cargo revenue recovery starting in 2022 and through the next several years.

Fitch's rating case reflects the budget for fiscal 2023, followed by conservative

See FITCH on Page 4



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Seven lawmakers attend casino summit in Manila

By **FERDIE DE LA TORRE**
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REPORTER

Seven CNMI lawmakers are attending a three-day casino conference in Manila, Philippines, that will kick off tomorrow, Tuesday.

Saipan Tribune learned that no member of the Commonwealth Casino Commission is participating in the ASEAN Gaming Summit to be held at the Manila Marriot Hotel on March 21 to 23.

Six lawmakers left Saipan yesterday morning for the casino summit. They are House of Representatives vice speaker Joel Camacho (Ind-Saipan),

Rep. Ralph N. Yumul (Ind-Saipan), Rep. Angelo Camacho (Ind-Saipan), Rep. John Paul P. Sablan (Ind-Saipan), Rep. Marissa Flores (Ind-Saipan), and Sen. Corina L. Magofna (Ind-Saipan).

Yumul chairs the House Gaming Committee. Rep. Joel Camacho, and Reps. Angelo Camacho, Sablan, and Flores are members of the committee. Magofna chairs the Senate Gaming Committee.

In response to Saipan Tribune's inquiry, Sen. Paul A. Manglona (Ind-Rota) said yesterday that he will be in the Philippines for his annual physical examination and that

since the \$2,500 casino summit fee is being waived for all CNMI participants, he will therefore be joining the group.

Manglona, who is a member of the Senate Gaming Committee, said the summit will provide them much needed information from casino industry experts.

In response to Saipan Tribune's request for comment from other lawmakers who are joining the casino trip, Yumul issued an official statement on behalf of the group.

Yumul said that participating in this summit gives members of the Senate and House Gaming Committees an opportunity to meet with industry lead-

ers around the region to learn how to access and engage new and growing markets.

Yumul said they will also learn about advances in Asian online gaming, blockchain, and how to generate more value on current platforms and the newest trends.

"We need to restart our gaming industry as we look at what our region are currently doing," Yumul said.

He said it's a three-day conference and the \$2,500 registration fee for each participant was waived for the CNMI.

The lawmakers are paying for their plane tickets, hotel rooms, and other expenses using budgets from

their respective offices, Saipan Tribune learned.

Senate President Edith E. DeLeon Guerrero (D-Saipan) said yesterday that she does not plan to join the casino conference and that she has other prior commitments.

House Speaker Edmund S. Villagomez (Ind-Saipan) said yesterday he did not go with the trip because it is a Gaming Committee matter.

Sen. Donald Manglona (Ind-Rota), who is a member of the Senate Gaming Committee, said yesterday that he did not join because he needs to work on the revision to the fiscal year 2023 budget for the government.

Sen. Celina R. Babauta (D-Saipan), who chairs the Sen-

ate Executive Appointments & Government Investigations, said yesterday that she did not accompany the group because her priority is the confirmation hearings. Babauta said it appears to be a huge event, with speakers from all over the globe, including from the United States.

An official of the Palacios-Apatang administration raised a question with Saipan Tribune yesterday as to what relationship the Legislature has with any casino. "They don't regulate or conduct the business of casino. It's the [casino] commissioners. Why wasn't any of the casino commissioners from Saipan, Rota or Tinian invited or informed? Why the

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COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055 • SAIPAN • MP • 96950
PHONE: (1-670) 237-6500 / 1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPTS.COM



INVITATION FOR BID
CPA-IFB-002-23

PROCUREMENT AND DELIVERY OF ONE TRACTOR AND MOWER TO BENJAMIN TAISACAN MANGLONA INTERNATIONAL AIRPORT, ROTA

The Commonwealth Ports Authority (CPA) is soliciting bids for the procurement and delivery of one Tractor & Mower for the Benjamin Taisacan Manglona, Rota International Airport.

The Bid Package may be picked up beginning March 14, 2023 at the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of an administrative fee of \$100.00 in cash, cashier's check, or credit card.

All bids shall be sealed and marked on the cover package: "Bid: Tractor/Mower for the Rota International Airport-CPA-IFB-002-23. CONFIDENTIAL"

One (1) original and two (2) copies of the bid must be received at the Office of the Executive Director, Commonwealth Ports Authority, 2nd Floor-Arrivals Building, Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands, not later than **2:00 P.M. LOCAL TIME, Friday, April 14, 2023**. Bid opening will be at 3:00 p.m. same day at the Procurement Department, 2nd Floor—Departure Building, Saipan International Airport.

Questions and/or clarifications regarding this IFB, the Tractor Mower and its Specifications shall be in writing and emailed to sharene.manglona@cnmiports.com (Rota Ports Manager) with copy to atudela@cnmiports.com (Alex Tudela/Procurement Officer) no later than April 3, 2023. **Any question or clarification will not be entertained after this date.** Answers to questions and/or clarifications will be provided to each vendor or individual receiving a bid package.

Bids received after the above closing date and time of this Invitation for Bid will not be accepted and will be returned unopened. CPA reserves the right to reject any and all bids if in its opinion to do so is in CPA's best interest.

FOR THE COMMONWEALTH PORTS AUTHORITY

/s/ **EDWARD B. MENDIOLA**
Executive Director

Date _____

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IT&E

DOCOMO

From Page 1

attack. “Early this morning, a cyber security incident occurred and some of our serv-

STEM

From Page 1

wide STEM Fair last March 11 at ChaCha Oceanview Middle School in Kagman, with several of the students advancing to the regional level of the competition.

The top student winners from the general STEM and high school research categories will have an opportunity to compete in Guam’s Islandwide Science Fair, Thermo Fisher Scientific-Junior Innovative Challenge, and International Science and Engineering Fair.

The winners of respective competition categories are:

For High School Research International Science and Engineering Fair, in first place was Yelin Hetina Park of Saipan International School with her research project called “Detecting Coral Bleaching in CNMI: Via Machine Learning and Deep Learning.” Second place is Mount Carmel School’s Eunkyung Hong, Ethan Militante, and Paul Santos’ research on “Pollution is not Equal To Solution.”

Marianas High School’s team of Precious Valerie, Stefanie Nicole Hann, and Angel May was third place with their “Paper de Musa.”

For 9-12 general STEM, first place winner was Linxi Cai with her research work

ers were attacked. Immediate failsafe protocols were initiated by Docomo Pacific cyber security technicians to shut down affected servers and to isolate the intrusion. Docomo Pacific’s customer data, mo-

titled “Finding the Effects of COVID-19 Lockdown Restrictions on Saipan’s Coastal Environments.”

Second place winner was Marianas High School’s Camille Alannah Sablan’s research about “Kills 99.9% of Bacteria ?!” Another MHS student, Gwanpil Son, won third place with his “Analyzing Muscle Activity” research work.

In the Grades 6-8 general STEM category, the winners are Alexis Salundaguit of Hopwood Middle School with his research work “Orally or Injected.” Second place winner was Chacha Ocean View Middle School’s Vicente Jesus Leon Guerrero’s “The Power of Wind ” and third place winner was Brilliant Star Montessori’s Selina Santiago with her research work on “Cleaning Dirty Water.”

Winners of the Grades 3-5 general STEM category were all from public schools: first place was Tinian Elementary School’s Braiden Tutor’s “Creating Biogas From Your Pantry”; second place was Sinapalo Elementary School’s Javier Sahagon’s “Hydroponics: Growing without Soil”; and third place was San Vicente Elementary School’s Dre Cabrera with his “IRONic Breakfast” research.

The kindergarten to Grade 2 general STEM category winners were: Sinapalo Elemen-

tile network services, and fiber services remain unaffected, protected, and secure at this time. We are working to restore service as soon as possible,” he said.

Following the cyberattack,

tary School’s Aven Ihu King’s “STRONG SHAPES.” Second place winner was Northern Marianas International School’s Ayumi Palacios with her work, “What type of food allows mold to grow the fastest?”, and third place was Koblerville Elementary School’s Autumn Basa’s “Carbon Sugar Snake.”

In the Grades 2-5 paper airplane competition, Huan Chen of Agape Christian School, Dilen Quitugua of Kagman Elementary School, and Logan Daniel of Koblerville are the first, second and third placers, respectively.

The MINA STEM Environmental Award overall winners for respective categories (grade level) are: (K-2) Garapan Elementary School’s Joaquin Kevo Leomo’s “Free Power from Water”; (3-5) Tinian Elementary School’s Braiden Tutor’s “Creating Biogas from Your Pantry”; (6-8) Francisco M. Sablan Middle School’s Jude Burgos’ “FAIR TOWER: The Incineration Plant”; (9-12) Mount Carmel School’s Jude Burgos’ “Flame-Y Manure”, and for High School Research categories, there were two winners: Saipan International School’s Yelin Hestina Park’s “Detecting Coral Bleaching in CNMI: via Machine Learning and Deep Learning”, and Marianas High School’s team of Precious Valerie, Steffanie Nicole

Docomo Pacific, which is a subsidiary of Japan’s NTT Docomo, said customers were encouraged to utilize their mobile data to tether other devices such as laptops and tablets at no ad-

Hann and Angel May’s “Paper de Musa.”

“The CNMI Public School System Islandwide STEM Fair would like to congratulate all school level winners for advancing to the state level competition,” said the IWSF committee, which also gave thanks to all the supporting parents, teachers, and administrators “for guiding our students’ interests,” learning and demonstration of science and engineering research projects.

“On behalf of the IWSF committee, we would like to share our sincere appreciation to the volunteer judges, Kagman High School JROTC, CNMI PSS AmeriCorps, Saipan Southern High School National Honor Society, Triple J Catering, Marianas Islands Nature Alliance, and ChaCha Oceanview Middle School staff for their contributions toward a successful event,” said the IWSF committee.

The committee also thanked Education Commissioner Dr. Alfred Ada, Board of Education teacher representative Dr. Dora Miura, OCI-senior director Jackie Quitugua, ARE-senior director Dr. Rizalina Liwag, CTE director Dr. Jessica Taylor, interim federal programs officer Jacqueline Che, Facilities Development Management Office, and State Infrastructure Technology Office. (PR/Saipan Tribune)

schedules, staggered employees time, or reassignments of staff as needed to ensure that government services and hours of operation continue without disruption.

On travel restrictions, Palacios directed strict limits on locally-funded travel for essential purposes, that is for public health and welfare, public safety, fiscal recovery, or the critical infrastructure needs of the Commonwealth.

For travel under federally funded programs, employees and appointees must obtain grantor approval prior to the issuance of travel advances.

The governor directed the Office of Personnel Management to work with all departments, offices and activities under the Executive Branch to implement this directive.

He further directed special assistant for the Office of Management and Budget Virginia C. Villagomez and acting Secretary of Finance Tracy B. Norita to monitor personnel cost savings across the Executive Branch every pay period through the end of fiscal year 2023, and report to him on the subject at least monthly.

ditional cost, as the time of restoration, at that time, was still unknown.

Aside from the internet disruption, there was no immediate word from Docomo Pacific on the exact nature of the cyberattack or where it originated from.

As of yesterday morning, some services have slowly been returning to normal functions and a number of subscribers already had their internet connectivity restored.

“Services are slowly coming online as services are restored. Our top priority at this

BMV

From Page 1

Assistant U.S. Attorney Albert S. Flores Jr., filed the indictment against Deleon Guerrero in the U.S. District Court for the NMI over the weekend on a charge of conspiring with others to unlawfully produce an identification document.

According to the indictment, Deleon Guerrero conspired with Li Yongde, also known as Ivan, from about Sept. 1, 2021, through about Oct. 31, 2022, to unlawfully produce a CNMI driver’s license.

“[The defendants] knowingly and intentionally conspired and agreed with each other, and other persons known and unknown to the grand jury, to commit an offense against the United States: specifically, to knowingly and without lawful authority produce an identification document, authentication feature, and false identification document, to wit a Commonwealth of the Northern Mariana Islands driver licenses, and the prohibited production, transfer, possession, and use was in or affected interstate and foreign commerce, including the transfer of a document by

moment is getting everyone back online and working on post-restoration efforts after that,” said Docomo Pacific Public Relations manager Jared Roberto.

Docomo Pacific went on to say in its press release that updates will be posted on their social media. For more information or to discuss your service in detail, call Guam 671-688-CARE or CNMI 670-488-CARE.

A longer version of this story is available at www.saipantribune.com

electronic means, all in violation of Title 18, United States Code, 10 Sections 1028(a)(1), (b)(1)(A)(ii), (c)(3)(A) & (f),” Flores said.

Deleon Guerrero is set to appear before the court today at 1:30pm.

The indictment against Deleon Guerrero comes after the recent raid the Federal Bureau of Investigation conducted on the bureau.

Back in December 2022, FBI agents raided BMV and the CNMI Department of Public Safety’s central office. At around 3:30pm last Dec. 17, 2022, FBI agents showed up unannounced at BMV and DPS central office in Susupe to carry out a search warrant issued for both departments.

At the scene, *Saipan Tribune* observed that FBI agents had plastered handwritten “closed” signs on all the doors of the BMV, closing up shop and putting a stop to all BMV activities for the rest of the day as they conducted their search.

Meanwhile, at DPS central office, FBI agents were reportedly seen going into administrative offices but were not seen taking anything. They were, however, seen taking photos of documents and others.

and impending austerity for government employees, they still have funding to go on a “junket,” the official said.

“This is hypocrisy at its [worst]. The funding they used could’ve been put to a better use. Like medical referral,” the official said.

SEVEN

From Page 3

Legislature? What business do they have?” asked the official who requested anonymity.

After passing a revised current resolution and budget,

FITCH

From Page 2

expectations of future performance thereafter. Fitch assumes revenue recovery to 93% in fiscal 2024 and a full recovery to 2019 levels by fiscal 2025, followed by low growth of 1.5% per year thereafter. Under the rating case, DSCR averages 1.5x through 2027 and 4.0x through debt maturity in 2031 and the leverage profile remains negative.

Fitch’s downside case reflects a prolonged recovery back to 2019 levels. Rev-

enues are expected to recover to 88% in fiscal 2024, 93% in fiscal 2025, and 100% of 2019 levels by fiscal 2026. Similar to the base case, Fitch assumes low annual growth of 1.5% thereafter through maturity. Under these assumptions, DSCR averages 1.4x through 2027 and 3.9x through maturity, with leverage remaining negative.

SECURITY

The seaport bonds are secured solely by gross seaport revenues and certain accounts established pursuant to the bond indenture. (PR)

WORK

From Page 1

were funded in whole or in part by American Rescue Plan Act funds or local revenues.

In a directive issued Thursday addressed to all Executive Branch departments, offices, and activity heads, Palacios said generally, Executive Branch departments, offices, and activities will shut down every other Monday following April 24, 2023.

The reduction in work hours does not apply to federally-funded programs and functions of the government, or to CNMI government employees who are funded 100% by other federal funding sources, whose federally funded salaries require a local match.

Citing that the fiscal challenges the CNMI faces impact the whole government and the whole community, Palacios urged the Legislature and Judiciary, as well as the autonomous agencies of the government, to similarly implement cost-containment measures, particularly with respect to operations or personnel that were

funded in whole or in part by ARPA in fiscal year 2023.

“We must all do our part to overcome this financial crisis,” the governor said.

With fiscal recovery being one of his administration’s highest priorities, Palacios said he asks for the full cooperation of all government employees and appointees to ensure that public resources are used conservatively and efficiently in the delivery of essential services.

“Our collective goals are fiscal stability, more efficient government operations, and improvements in the delivery and responsiveness of public services as efficiency measures are implemented,” he said.

Palacios has already imposed restrictions on personnel actions; overtime restrictions; travel restrictions; limitations on contracts, leases, and subscriptions; termination of nonessential cellphones and land lines; utility conservation and efficiency; and fuel conservation.

On flexible work schedules, the governor said the government must remain open for business during regular working hours, Tuesday through

Friday, 7:30am to 4:30pm, including lunch hour.

To minimize disruptions to public services, all government offices under the Executive Branch are directed to immediately stop the practice of shutting down for lunch during working hours.

Palacios directed the heads of Executive Branch departments, offices, and activities to cross-train and empower staff expeditiously and as needed to ensure that public services are not stopped or delayed simply because knowledgeable employee is on leave or otherwise unavailable.

He encouraged the heads of Executive Branch departments, offices, and activities to consider submitting alternative plans that will achieve the goal of reducing personnel costs by at least 10%.

The governor said these alternative plans shall be subject to his review and approval.

He said alternative plans may include shifting locally-funded or ARPA-funded employees to federally-funded accounts, where feasible.

Plans may also include implementing flexible work

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 - pap test
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Before pregnancy

During pregnancy

- Assistance for the uninsured
- Prenatal Diabetes Supplies
- Group prenatal sessions with medical provider
- Support from other pregnant women due around the same time
- Educational activities
- Transportation assistance to medical appointments

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Gestational Diabetes Management

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 - home visits from Community Health Workers
 - help in managing their condition

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- If you are 34 weeks or more, join the birth prep class and learn:
 - what to bring to the hospital
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☎ *Call the WIC Clinic at 670-664-4084*



Public invited to virtual ‘zero waste’ visioning kickoff meeting

The CNMI Interisland Solid Waste Management Task Force invites the community to attend the virtual CNMI Zero Waste Visioning Kickoff Meeting on March 30, from 9am to 11:30am. The meeting will discuss the concept of “Zero Waste,” the steps being taken to achieve it in the CNMI, and the upcoming community visioning sessions that will help create the CNMI Comprehensive Integrated Solid Waste Management Plan, which will be a key guiding document for the CNMI as it works to achieve Sustainable Development Goal No. 12: Sustainable Consumption and Production.

OFLC webinar today updates process for filing CW-1 applications

The Office of Foreign Labor Certification invites interested stakeholders to participate in a webinar that provides technical assistance and helpful tips for preparing the CW-1 Application for Pre-vailing Wage Determination (Form ETA-9141C) and the Application for Temporary Employment Certification (Form ETA-9142C). The webinar will provide technical assistance to employers (and authorized attorneys or agents) on how to complete and submit Forms ETA-9141C and ETA-9142C and cover some of the most pressing post-filing issues employers encounter.

Meeting details: March 20, 2023 7:00 PM | (UTC-05:00) Eastern Time (US & Canada) | 1 hr / March 21, 2023 9:00AM | (UTC+10:00) Chamorro Standard Time | 1 hr

Join from the meeting link: <https://usdol.webex.com/usdol/j.php?MTID=m-09be869a77a13aa13dd691296393fff7>

Join by meeting number: Meeting number (access code): 2763 487 7128 Meeting password: CW1Update

Tap to join from a mobile device (attendees only): 1-877-465-7975, # US Toll Free +1-210-795-0506, # US Toll

Join by phone: 1-877-465-7975 US Toll Free 1-210-795-0506 US Toll (PR)

ROBERT T. TORRES
ATTORNEY AT LAW
5960 Plata Drive
P.O. Box 500730 CK,
Saipan, MP 96950
Telephone: (670) 234-7859
Facsimile: (670) 234-5749

Attorney for Petitioner Bernadita T. Seman

IN THE SUPERIOR COURT FOR THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS

IN THE
MATTER
OF THE
ESTATE OF

FELIPE
MCGUINNESS
SEMAN AKA
FELIPE IGIBOR
SEMAN

Decedent.

CIVIL ACTION
NO. 23-0016-CV

NOTICE OF CONTINUED
HEARING ON PETITION TO
REOPEN ESTATE TO PROBATE
AND APPOINTMENT OF
ADMINISTRATRIX

Next Court Date: April 6, 2023
Time: 10:00 A.M.
Judge: Joseph N. Camacho

TO: THE GENERAL PUBLIC, ANY HEIRS,
CLAIMANTS, OR CREDITORS OF THE LATE
FELIPE MCGUINNESS SEMAN AKA FELIPE
IGIBOR SEMAN OR HIS ESTATE

NOTICE IS HEREBY GIVEN that the
foregoing matter is continued to April 6,
2023 at 10 am.

On March 2, 2023 Petitioner Bernadita T.
Seman appeared on her Verified Petition to
Reopen Probate and Appointment as
Administratrix for the foregoing estate. Ms.
Seman appeared with counsel Robert T.
Torres. Mr. Torres informed the Court that
he had been informed that the heirs of
deceased heir Ines S. Ada had indicated
that they proposed decedent's nephew
Francisco S. Ada as a co-administrator. Mr
Torres informed the Court that Ms. Seman
would not agree to be co-administrator but
that if Mr. Ada wished to propose himself,
Ms. Seman would concede subject to his
examination as a proposed Administrator.
Further, Ms. Seman informed that she
would have to be reimbursed for her fees
and costs in filing the petition in this
matter. Mr. Torres informed that since there
is no stipulation and no notice given to
other heirs, the matter may need to be
continued to give proper notice to other
heirs.

Matthew T. Gregory appeared with his
client, heir Remedio Buniag. Ms. Buniag
registered her objection to Ms. Seman's
appointment as administratrix. Further,
heir Jose T. Seman appeared pro se and
informed the Court that he supported Ms.
Seman as the Administratrix and did not
agree to Mr. Ada as the Administrator. The
Court then discussed the matter with the
parties and heirs, directing that the
parties/heirs may confer but that proper
notice be given as to the proposals made or
being considered.

This Notice of Hearing shall be published,
and all heirs/creditors/claimants shall be
given notice and they may file any
agreements or position statements on or
before the hearing date on April 6, 2023.

Dated this 6th day of March, 2023.

/s/
Clerk of Court/ Deputy Clerk of Court

Stay Connected
Payment Notice

We want to keep you connected to everything that matters to you. To avoid any service interruptions to your residential account please make payment by **Thursday, March 23, 2023.**

For your convenience, enjoy more ways and locations to pay:

• Online at store.ite.net/onlinebilling

• **IT&E Oleai store** – Open Monday through Saturday from 8 AM to 5 PM

• **Kada Dia Payment Center** - Open Monday through Friday from 11 AM to 3:30 PM

• **Angel Market** – Open daily from 7 AM to 10 PM (Please bring your billing statement. Cash only.)

• **Shell Stations** - Open daily. (Please bring your billing statement. Cash or card accepted.)

• Over the phone by calling 670-682-4ITE (4483).

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IT&E



NORTHERN MARIANAS COALITION
AGAINST DOMESTIC & SEXUAL VIOLENCE
P.O. BOX 506689, SAIPAN, MP 96950
PHONE: 670.234.3878

VACANCY ANNOUNCEMENT FOR
COMMUNICATIONS MANAGER

NMCADSV is looking for a motivated individual to join its team! We are looking for someone who is rooted in service and believes in the social justice values we uphold.

Job Summary: The Communications Manager will work with the Executive Director of NMCADSV and its Board to achieve its mission, goals, and objectives. The Communications Manager will participate in the daily operations of NMCADSV; plan, develop, and monitor all NMCADSV communications; and provide support for NMCADSV’s programmatic activities.

Minimum Qualifications: An understanding of and agreement with NMCADSV’s mission statement and philosophy regarding the elimination of domestic and sexual violence; exceptional written communication skills for diverse audiences and platforms; experience with community organizing and/or outreach; experience with non-profit social media management; experience with website development and management; ability to manage multiple projects and deadlines; and access to reliable transportation.

Classification & Salary Range: Full Time, Exempt. Some nights and weekends required. Travel may be required. \$18.00/hr to \$21.00/hr (based on experience and qualifications).

Copies of the full Position Description can be requested by email at Info@EndViolenceNMI.org or downloaded from the NMCADSV Facebook or Instagram account (@EndViolenceNMI). Hard copies are also available at the NMCADSV Office (directions below).

To Apply: A Resume and Cover Letter should be submitted on or before 5:00 p.m. on **Friday, April 14, 2023.** Provide a list (not copies) of any certifications and/or awards. Late and incomplete submissions will not be considered.

Submit **resume and cover letter** to info@endviolencenmi.org, deliver to NMCADSV’s office (**between the hours of 9:00 a.m. and 5:00 p.m.**) at the Marina Heights I Building (2nd Floor, Suite 206) or mail to NMCADSV, P.O. Box 506689, Saipan, MP 96950. (Mailed applications must be postmarked on or before the deadline.) Applicants who are invited for an interview will be asked to bring a copy of their Diploma or equivalent, Police Clearance (within last 30 days), valid ID, and a list of references.

The review of applications will begin immediately. **Scheduling of interviews for the first round of candidates will begin the week of May 1, 2023** progressing until a qualified applicant is hired.

NMCADSV is an equal opportunity employer.
Individuals from under-served communities are encouraged to apply.

This project is 100% supported by federal grants, awarded by the Office on Violence Against Women, U.S. Department of Justice, Grant Award #15JOVW-21-GG-00717-MUMU and the Administration for Children and Families, Department of Health and Human Services, Grant Award #2201MPSDVC. The opinions, findings, conclusions, and recommendations expressed in this release are those of the author and do not necessarily reflect the views of the U.S. Department of Justice or the U.S. Department of Health and Human Services.

CONGRATULATIONS! CONTRIBUTED PHOTO
Congratulations to Joshua Calixterio Mostales for matching into General Surgery! We look forward to your graduation from the John A. Burns School of Medicine at the University of Hawaii in May. Love always, from Dad, Ms. Kate, JC, Chloe, Naomi, Erielle, family and friends.

COMMUNITY BRIEFS

Saipan Marathon cancellation

The Marianas Visitors Authority has announced that Saipan Marathon will not be held this year (2023), due to necessary budget adjustments delaying adequate planning time for a favorable season for international participation. For more information, contact the MVA

OIA grant application deadlines extended

The Office of Insular Affairs’ TAP, MAP, and CRNR grant application deadlines have been extended by one week to Friday, March 24, 2023. (PR)

Responders search for spearfisher near Blue Hole, Guam

SANTA RITA, Guam—Emergency responders are continuing to search for a missing 31-year-old male spearfisher off Blue Hole on the west side of Guam on March 18, 2023.

The spearfisher was last seen wearing a red wetsuit and red fins. Responders did locate his speargun. Anyone with information should call the U.S. Coast Guard Forces Micronesia/Sector Guam Joint Rescue Sub-Center (FM/SG JRSC) at +1 671-355-4824.

The search has resulted in the postponement of an MH-65 Dolphin helicopter crew's visit to Saipan today, March 20, 2023, as the aircrew is engaged in the search operation.

Aircraft commander Lt.



PETTY OFFICER 2ND CLASS EDWARD MEWBORN

File photo shows an MH-65 Dolphin helicopter crew trains over Apra Harbor, Guam, on March 14, 2023.

Cmdr. Andrew Cinque and the aircrew were supposed to conduct a search and rescue demonstration today, March 20, 2023, from 9am

to 9:30am at the Outer Cove Dock and visitor parking at Smiling Cove Marina. This event is now cancelled but they promised to do this

again in the near future.

Responders who are currently on scene in Guam include crews from:

- Guam Fire Department
- USCGC Myrtle Hazard (WPC 1139)

- U.S. Coast Guard Air Station Barbers Point MH-65 Dolphin Helicopter

"Based on drift models and the use of self-locating datum marker buoys, our search is expanding offshore," said Lt. Cmdr. Ryan Crose, the FM/SG search and rescue mission coordinator for the case. "We're continuing to coordinate with our partners at the Guam Police Department and Guam Fire Department. We appreciate the support from the U.S. Navy's Explosive Ordnance Disposal Mobile Unit Five in the search Friday."

At around 6pm on March 16, Guam Fire Department personnel received word of a missing spearfisher near Blue Hole. Watchstanders at FM/SG JRSC received notification shortly after. The missing spearfisher was reportedly part of a group of seven aboard a vessel on an excursion to spearfish near Orote Point. Watchstanders immediately coordinated with Guam Fire Department personnel, and HSC-25 diverted two helicopters from a nearby training mission. JRSC diverted Coast Guard cutter *Myrtle Hazard* from their offshore patrol and directed the launch of two 29-foot Response Boat-Small crews from Station Apra Harbor. U.S. Navy Security Forces also took action to search the shoreline and Apra Harbor. A joint incident command post

has been established on the beach nearby.

The team also issued an urgent marine information broadcast notice to mariners advising anyone in the area to keep a sharp lookout and report any sightings to responders.

The forecasted weather on scene is east winds of around 18 knots (20 mph) shifting to east-northeast by evening, mostly sunny, with 6-foot waves. Sea conditions may calm tonight and Sunday, March 19. A small craft advisory is in effect through 6 p.m.

The MH-65 Dolphin he-

licopter is a short-range recovery helicopter used by the Service to perform search and rescue, law enforcement, and homeland security missions. The aircrew is forward deployed to Guam from Hawaii for six weeks serving the people of Guam and the Commonwealth of the Northern Mariana Islands while working with U.S. Coast Guard Forces Micronesia/Sector Guam to assess the feasibility of more frequent operations in the islands and provide an additional search and rescue asset as available. (USCG)



NMC

THANK YOU!

Mobil Oil Marianas Inc. recently donated \$3,000 in cash and gift cards to the Northern Marianas College Foundation in support of its Golf Open this past weekend. In photo are Mobil Oil Marianas Inc. representatives Edward Flores, Jovita Castro Flores, Malaina Kileleman, and Sergio Alves with NMC program coordinator Casey Huliganga.

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 50 1055-Saipan-MP-96950
PHONE: (1-670) 237-6500 / 1 • FAX: (1-670) 234-5962
WEBSITE: WWW.CNMPORTS.COM

REQUEST FOR PROPOSAL

SUPPLY AND INSTALLATION OF TYPHOON RESISTANT ACCORDION ALUMINUM SHUTTERS AT THE ARFF BUILDING BENJAMIN TAISACAN MANGLONA INTERNATIONAL AIRPORT ROTA, COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS.

PROJECT NO. CPA-RFP-008-23

Notice is hereby given that the Commonwealth Ports Authority (the "CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for awarding a contract to supply and install typhoon resistant accordion aluminum shutters at the ARFF Building, Benjamin Taisacan Manglona International Airport, Rota, CNMI. The Scope of Work and other considerations will be available for pick up beginning **March 20, 2023**, upon payment of \$100.00 in cash, cashier's check, credit card or certified check to the CPA Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport.

Proposals will be received at the Office of the Executive Director, Commonwealth Ports Authority, 2nd Floor-Arrival Building, Saipan International Airport no later than **2:00 P.M. CHST, April 19, 2023**. Proposals received after the date/time indicated above will not be opened and will be returned to the Proposer.

Each proposal shall be accompanied by a bid bond, a certified check, or a cashier's check in the amount no less than **ten percent (10%) of the total proposal amount**. Checks shall be made payable to the Commonwealth Ports Authority.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest. All proposals shall become property of the Commonwealth Ports Authority.

EDWARD B. MENDIOLA
Deputy Executive Director

Date: _____

**CAPITAL IMPROVEMENT PROGRAM, OFFICE OF THE GOVERNOR
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS**

Tel: (670) 664-2371 | Fax: (670) 664-2408 | Caller Box 10007, Saipan, MP 96950

INVITATION TO BID

ITB23-GOV-42300005:

SUBMISSION DATE: 10:00 AM CHST, WEDNESDAY, APRIL 12, 2023

ADA COMPLIANCE OF THE FIRST FLOOR, WALKWAY, AND RAMP OF THE PARKING OF THE CDA BUILDING

Governor Arnold I. Palacios and Lt. Governor David M. Apatang, through the Capital Improvement Program (CIP), is soliciting sealed bids for the *ADA Compliance of the First Floor, Walkway, and Ramp of the Parking of the CDA Building* in San Jose, Saipan, Commonwealth of the Northern Mariana Islands (CNMI). This project will be funded by the 702 Covenant funding under the U.S. Department of Interior, Office of Insular Affairs.

The project package will be available in digital format only on **March 13, 2023** at the Capital Improvement Program Office, Office of the Governor, Juan A. Sablan Administration Building in Capitol Hill, Saipan, during regular working hours.

A **Pre-Bid Conference** will be held at the CDA Building located in San Jose, Saipan, CNMI at **10:00 AM CHST, March 28, 2023**. Proposers may also request to participate virtually via Zoom Meetings five (5) days prior to the meeting scheduled.

Questions regarding this ITB may be submitted via email to **Ms. Skalan Yamada** at **syamada.cip@gmail.com** no later than **4:30 PM CHST, April 4, 2023**. All Questions & Answers will be shared with all prospective bidders.

Bidders located outside of the CNMI must fill out and submit the Notice of Intent to Bid Form to the Director of Procurement Services no later than **10:00 AM CHST, April 12, 2023**.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS, AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ Arnold I. Palacios
Governor, CNMI

/S/ Brien S. Nicholas Jr., Acting Director
CNMI Procurement Services

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

STATE BOARD OF EDUCATION

PUBLIC SCHOOL SYSTEM

P.O. BOX 501370
SAIPAN, MP 96950

PUBLIC NOTICE

Pursuant to 1 CMC § 9910(a), the Eighteenth CNMI State Board of Education hereby gives notice that there will be a Regular Board Meeting on Thursday, March 23, 2023 at 10:00 a.m. via zoom. Please see the link below.

AGENDA¹

- I. Preliminary**
 1. Call to Order
 2. Roll Call
 3. Election of Officers
 4. Adoption of Agenda
 5. Adoption of Minutes
 - a. April 7, 2022 Regular Board meeting
 - b. August 17, 2022 Special Board meeting
 - c. September 26, 2022 Special Board meeting
 - d. October 13, 2022 Special Board meeting
- II. Public Comments²**
- III. Reports**
 1. Commissioner of Education
 - a. Financial Status Reports
 - i. Federal
 - ii. Local
 - b. Head Start Program
 - c. Others
- IV. Unfinished Business**
- V. New Business**
 1. Early Intervention Annual Performance Report
 2. Early Head Start (EHS) Disaster Assistance Grant 09ND000029
 - Low-Cost Extension Request
 3. Head Start (HS) Disaster Assistance Grant 09ND000031
 - Low-Cost Extension Request
 4. HS/EHS 09CH011167-04 Carry Over Grant Application and Budget
 5. HS/EHS 09HE000941 American Rescue Plan/ Coronavirus Response and Relief Supplemental Grant Low-Cost Extension Application Request
 6. HS/EHS SY 2022-2023 Self-Assessment Goals and Objectives
 7. HS/EHS Selection Criteria
 8. HS/EHS Cost Allocation Plan
 9. HS/EHS Training and Technical Assistance Plan
 10. Accountability Report System Proposed Policy
 11. SY 2023-2024 K-12 Calendar
 12. SY 2023-2023 Head Start/ Early Head Start Calendars
 13. SY 2023-2024 Early Intervention Calendar
 14. 2023 School Library Month Proclamation
 15. Update Enforcement of the Slip Opinion Regarding the Certified Question
 16. Certification & Licensure Matter
 - a. CLO Report No. 2023-18-01 (Revised)
 17. Ratification of Board and PSS Actions after January 11, 2023
- VI. Executive Session³**
 1. Legal Updates
 2. Personnel
 3. Other matters
- VII. Discussion of Agenda for next Board meeting**
- VIII. Adjournment**

¹ Join Zoom Meeting
<https://zoom.us/j/96141839672?pwd=MRGWTJYbnV2UzdHZE0tMjBhMjYyZDZ099>

Meeting ID: 944 1049 0060
Passcode: 341100

² Pursuant to 1 CMC § 9912, the Board may vote to meet in executive session at any time.
³ Pursuant to BOE Policy 0415, public comments are limited to 30 minutes. We ask that remarks be limited to 3 minutes each. Everyone is welcome to submit written comments.

Opinion

Hafa Adai!

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER
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Beach Road, Garapan, Saipan, CNMI
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MEMBER

AP The Associated Press

Pacific Islands News Association

EDITORIAL

Seniors beware: Biden policies threaten entitlements

Older Americans tend to vote, and they also tend to be wary of politicians who propose entitlement reform. That combination typically leads to inertia among elected officials whose objective is self-preservation.

President Joe Biden has been happily exploiting this dynamic of late, claiming that Republican plans intended to shore up Social Security and Medicare actually represent a threat to the existence of these popular programs. Yet astute seniors will note that Biden's recent budget blueprint takes a pass on offering any serious proposals to address the long-term solvency of the nation's entitlements.

This shows an astonishing lack of leadership. Consider that the Social Security Trust Fund's cash reserves are set to run out in 2035. If nothing is done between now and then, expect Congress to authorize billions in transfers from the general fund in order to avoid benefit cuts. That might be politically beneficial, but it will only hasten the nation's rush toward the looming fiscal cliff. Yet the president's budget is mute on Social Security.

To make matters worse, the Biden spending plan includes a cornucopia of tax increases on the "rich," including a new constitutionally dubious wealth tax. These taxes—along with the administration's push to enlarge the federal regulatory behemoth—will only further hinder economic growth.

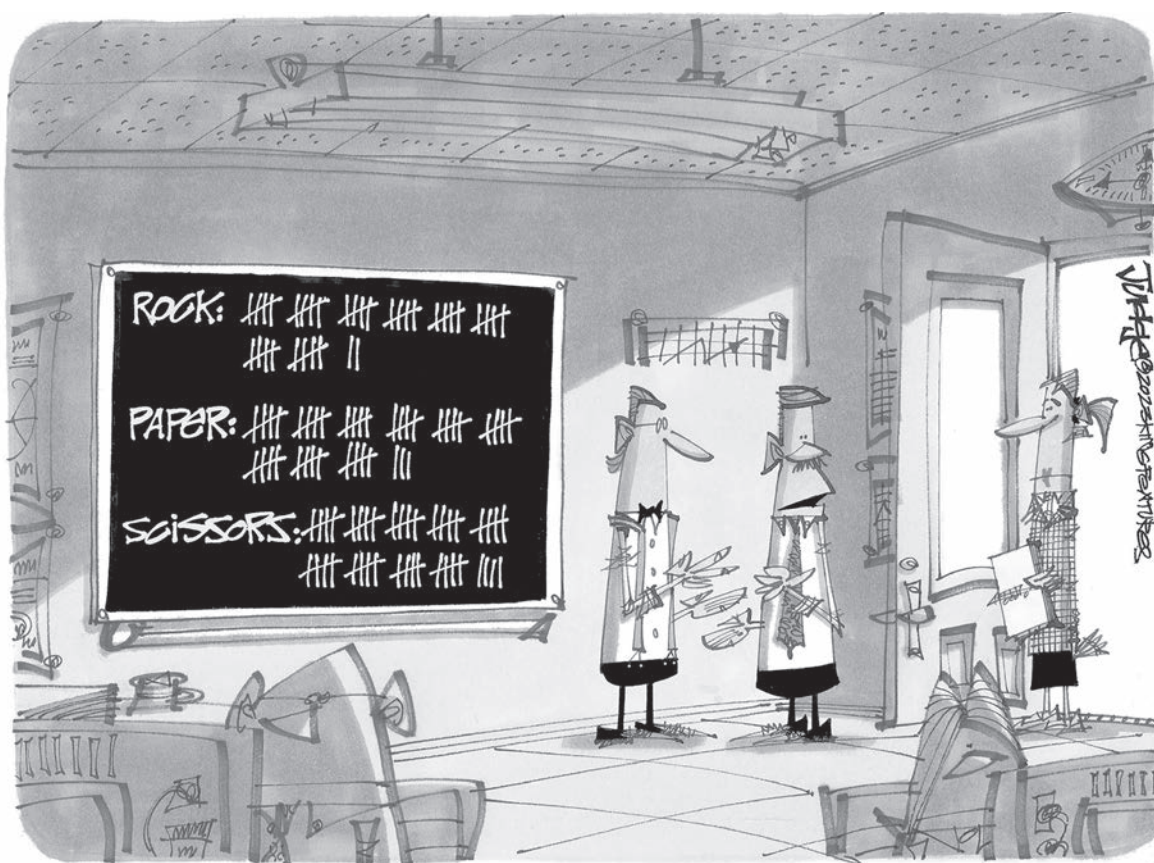
"My own research on the Biden agenda's effect on Social Security and Medicare," Casey B. Mulligan, a University of Chicago economics professor, wrote this week for the Wall Street Journal, "makes clear that low economic growth translates into smaller benefits for seniors." Mulligan estimates that "degrowth policies since 2020 will cumulatively reduce Medicare and Social Security tax revenue by at least \$400 billion—and perhaps as much as \$900 billion. The tax base will shrink even more if Biden succeeds in levying higher wealth and businesses taxes."

Indeed, the Center for a Responsible Federal Budget recommends that "a thoughtful Social Security reform plan should go beyond simply assuring actuarial soundness by also improving retirement security and economic growth. In particular, Social Security reform should increase national income by promoting work, investment and fiscal sustainability."

The Biden budget does the opposite. Biden and progressive Democrats promote a safety hammock, creating disincentives to work. White House tax policy will hinder investment. The administration's unprecedented fiscal blowout can hardly be described as sustainable when the national debt races past \$31 trillion and the president prescribes more of the same.

Biden's budget makes clear he's wedded to a fiscal agenda that will only exacerbate the financial obstacles confronting Social Security and Medicare.

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EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Join occasion to mark World Down Syndrome Day

By **PATRICK CASTILLON**
SPECIAL TO THE SAIPAN TRIBUNE

March 21 marks the 18th anniversary of World Down Syndrome Day, and for the 12th year in 2023, this day will be officially observed by the United Nations. The date, March 21, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome that causes Down syndrome. It is also considered a day of global awareness for everyone to make it a better day than any day in support for individuals with Down syndrome.

On this day, people with Down syndrome and those who share their lives with them around the world organize and take part in activities and events to promote public awareness to create a single global voice advocating for people with Down syndrome's rights, inclusion, and wellbeing. Although there are not many families with Down syndrome in the CNMI, friends and families are encouraged to observe and celebrate this unique day.

The theme for this year's WDS is "We Decide." This focuses on the rights of people with Down syndrome to partici-

pate in. There are numerous ways to celebrate WDS in your community. For the past years, on WDS, some people wear brightly colored odd socks. This is because chromosomes closely mimic socks! This year we are mimicking last year's celebration by wearing our mismatched socks in a way to promote our differences. Let us encourage our community to follow suit. In classrooms and daycares, teachers and caregivers can create lessons and activities that relate to World Down Syndrome Day. We also encourage our community to post or share pictures of your crazy socks and activities to our social media (Facebook) page at @DSCNMI.

Anyone who wishes to support the DS community in the CNMI, we invite you to join our support group. The group meets on a monthly basis with the help of CHCC's Family-2-Family (F2F) outreach program.

Patrick Castillon, Ed.D., is a parent advocate for children with Down syndrome and is a classroom teacher at San Vicente Elementary School.

LETTER TO THE EDITOR

Cancer, chemo, CHCC, Medical Referral, and what we eat

Just to be clear, I'm seeking answers, not sympathy. Then somewhere down the line, a solution. I tell this story as a concerned citizen, but mainly for my sister, Jo Anna "Jojo."

This is Jojo's third time in ICU. I lost count of the number of days, nights I've spent at the hospital watching over my sister since she was diagnosed with cancer. The days have all blended together, blurred, knowing what day has become irrelevant. What the hour of the day is unimportant. Lack of sleep has become a part of life. The only thing important, especially at this juncture, is how to comfort her and keep her spirits up. Lately, this has become a next to impossible feat. Her fight for life is real.

As I sit in this room, looking at her with all these lines and tubes connected to her, a suppressed memory is triggered. The memory of our mother when she was stricken with cancer, lying on her deathbed. You see we lost our mother when we were still very young. I was 10 years old at the time, Jojo was 8 and Aileen only 2. That was 39 years ago. Fast-forward to the present day, the treatment—nuclear therapy-chemo—between today and four decades ago remains the same. Chemo is a radiation treatment that contains powerful chemicals to slow the cancer or put it into remission, lessening the chance it will return, stopping or slowing its growth. I also learned in the process that it may ease cancer symptoms by shrinking tumors that are causing pain and other problems. However, the treatment also made her seriously weak, which is difficult for any person to undergo another round of chemo. If any, it sucks the life out of the patient. I do not recommend it. Chemo is a killer! I am appalled to learn that to this day, there's no other alternative for cancer treatment here in the CNMI. Why is that? In this day and age with all this technology, we still apply the same methods from decades ago? Wow! I refuse to believe that no one has ever thought of an alternative treatment for the CNMI.

I am sharing this story just so y'all understand where I am coming from. I've never in my life felt such a sense of helplessness, witnessing my family go through this same event twice. First as a 10-year-old son to a young mother and now as an older brother to a sister. Thoughts of "What more can I do?," "What can I do today to help ease her pain?," "What remedies can I give her so she can have an appetite?" runs continuously in my mind on a daily basis.

Another question in particular that lingers and won't leave my thoughts: What is the process and how are results handled when our people are diagnosed with a serious or terminal condition? It brings me to question the procedure(s) between the Commonwealth Healthcare Corp. doctors and the Medical Referral Program. The other question and the most important to me: What took both CHCC and the Medical Referral Program so long to finally send Jojo to Guam?

After my sister received the news of her blood work results, her doctor sent an immediate request to Medical Referral to have her treated in Guam. Now mind you, at the time, when the doctor

made the request she was still walking and had a lot of strength in her. So she waited as we waited. Nearly three weeks later, a call from Medical Referral Office informed her that she has been finally scheduled to fly to Guam. By that time, the cancer had maliciously spread and traveling was difficult. She had to request for a wheelchair since she was no longer able to stand on her own. She was immobile, lost all control/feeling from the waist down. I was filled with despair, disbelief, and anger seeing my sister crippled to that point.

Why didn't you guys communicate with us (the family)? We would have made the necessary arrangements and accommodations for her. This would not have been an issue. Immediately after arriving in Guam, she was seen by an oncologist. They were disappointed upon seeing her, asking the same questions: What took them so long? And I quote "all of this could have been prevented"—from an oncologist in Guam. So like I first mentioned, I want answers.

I have reached out to our people to see if there were any others who might have experienced the same treatment from our referral program. Apparently, we are not the only family to undergo this type of costly holdback. To my shock, there is a serious amount of our people that have expressed their disappointment with the program and how their case was handled. Some of them expressed extreme anger at the program for the same lengthy delay that they believe caused them the passing of their loved ones. One individual went to the extent of saying, "It's like they're playing God." Don't get me wrong folks, we in the CNMI are fortunate to have such a program. But, just maybe the referral system needs streamlining/updating in regards to certain procedures. Immediate action could mean the difference between life or death. There is one case which I reviewed, painstakingly, where a seriously ill child was sent on referral. I won't mention any names as to protect the family's privacy. The child passed away during the referral. The program, from what I've been told by the family, was unwilling to assist with the return of the child's body back to the CNMI. I'm not going to make any assumptions or throw blame, but that just doesn't sound right to me. If we are able to send one of our own for referral, then we should be able to bring them back or at least assist in some form or manner. But, this is not the case and I'm pretty sure Medical Referral had their reasons. I would still like to hear the side of Medical Referral on this particular case, though. Like I said, answers.

I'm not trying to put a price on life. But we spend millions on referral every year. If we have millions to spare our people for their medical needs, then do so. I believe that's what we've been doing for the past two-three decades. How is it working out for us, the people? I don't think it's working as well as it should be. We need to do more with this program, take a different approach. Every year the needed funding for the referral

Happy spring on March 21, 2023

LITERARY NOOK

By **JOEY CONNOLLY**

Special to the Saipan Tribune



Joey aka Pepe Batbon Connolly is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.

Vernal Equinox Diurnal Journal

In the islands spring has sprung it is easy to tell
all year long through all four seasons it is strung
on the mainland massive snowstorms fell like hell
in Micronesia, spring's flowery bells have rung

green grass, weeds, wildflowers have their fling
year-round flowers bloom diurnal and nocturnal
to fences, poles, houses, vines and flowers cling
seeds spread by winds and birds each a fertile kernel

orchids grow quite easily nested in coconut shells
bougainvillea blooms cover neighborhood fences
gardenia flowers emit very powerful scented smells
hundreds of wildflowers amaze one's visual senses

our Mariana islands remain perpetually vernal
thus so easy to write an eternally green journal.

A Wasp in a Tinian Citrus Grove

(First published in the *Saipan Tribune* in spring 2018 before two successive typhoons destroyed the citrus grove. Revised, it's a true story, sonnet form.)

I knew the oranges were not too sweet
as I walked slowly through the field
though they tasted great in Chinese tea
quite juicy and loaded with vitamin C.

There was a large bushy citrus tree near by
my house with plenty of fruit it was loaded
as I slowly plucked my last four oranges
a long black wasp flew up and me it goaded.

First it bit the little finger of my left hand
and then it flew up and bit my upper lip
I flicked it off but then up the sleeve
of my loose shirt it made another trip

It bit me thrice and heard me howl as it
flew silently off and left me with a scowl.

program increases. That signifies that every year more and more of our people are getting sick. So how about we start redirecting some of our efforts to educating our people on the causes of cancer. The preventive measures used to combat cancer. Or, eating the right foods, the dangers of processed foods, what type of foods are carcinogenic, study foods from the United States that are banned in other countries and why, ban foods from other countries that contain poisonous chemicals, ban kids snacks that contain the chemical red dye, study other countries with low cancer rates and figure out how did they succeed.

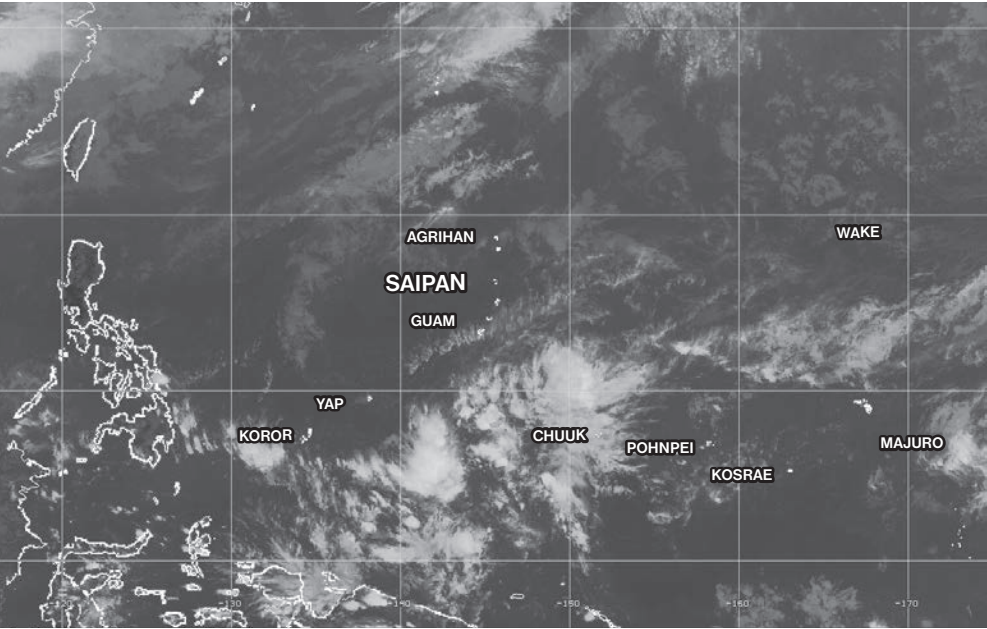
There are so many foods today that we import that are just slowly killing us. We allow it coz we don't know any better and we trust in the companies that supply our food. That needs to change. We need to be more knowledgeable and monitor the providers of our foods so that we know exactly what we are consuming. Building our agricultural system can change all this and at the same time give us the food security that we so desperately need. We need to break the cycle of cancer beginning with what we eat.

Keith William C. Ada

Chalan Kanoa, Saipan

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Isolated showers. Mostly sunny		Scattered showers. Partly sunny		Mostly sunny		Mostly sunny		Mostly sunny	
84°	75°	84°	75°	85°	74°	86°	74°	86°	74°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 6:46 AM, SUNDAY, MARCH 19, 2023

Western North Pacific between equator and 25N from 130E to 180.

The latest satellite loop shows a decent amount of high-level cirrus spreading overhead, but no showers in the neighborhood to speak of. The latest buoy and altimetry data shows seas are currently near 7 feet, with a water temperature of 83 degrees.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA			▲▼°F
Guam and Rota	Partly Cloudy	86° / 74°	
Palau	Partly Cloudy	84° / 77°	
Yap	Scattered Thunderstorms	86° / 79°	
Chuuk	Partly Cloudy	87° / 80°	
Pohnpei	Partly Cloudy	88° / 77°	
Kosrae	Partly Cloudy	87° / 79°	
Majuro	Isolated Thunderstorms	84° / 79°	

DAY	SUNRISE	SUNSET
Today	6:21 AM	6:27 PM
Tuesday	6:20 AM	6:27 PM
Wednesday	6:22 AM	6:28 PM
Thursday	6:19 AM	6:28 PM
Friday	6:18 AM	6:28 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	5:10 AM	5:04 PM	-
Tuesday	5:55 AM	6:04 PM	-
Wednesday	6:37 AM	7:01 PM	-
Thursday	7:18 AM	7:57 PM	-
Friday	7:59 AM	8:53 PM	-

AROUND THE GLOBE			▲▼°F
Auckland	Mostly Sunny	73° / 61°	
Beijing	Mostly Sunny	66° / 42°	
Hong Kong	Cloudy	75° / 70°	
Honolulu	Mostly Cloudy	83° / 71°	
London	Light Rain	55° / 48°	
Los Angeles	Showers	65° / 54°	
Manila	Partly Cloudy	91° / 74°	
Melbourne	Sunny	72° / 55°	
Miami	Showers	81° / 74°	
New York	Partly Cloudy	42° / 31°	
Osaka	Partly Cloudy	51° / 37°	
Paris	Cloudy	59° / 46°	
Busan	Partly Cloudy	63° / 51°	
Rome	Rain	56° / 46°	
Salem	Partly Cloudy	50° / 27°	
San Francisco	Rain	56° / 47°	
Seoul	Partly Cloudy	61° / 34°	
Tokyo	Mostly Sunny	63° / 52°	
Washington, DC	Mostly Sunny	44° / 27°	

TIDES: SAIPAN HARBOR TODAY			FEET
12:27 AM	High Tide	-0.32	
7:19 AM	Low Tide	1.91	
1:02 PM	High Tide	0.85	
6:22 PM	Low Tide	1.95	

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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FLIGHT SCHEDULE AS OF MARCH 1, 2023

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	9:50AM	10:35AM	Daily	UA174	8:00AM	8:46AM	Daily
SAIPAN- NARITA (NRT)				NARITA (NRT)-SAIPAN			
UA824	7:05AM	9:45AM	1, 3, 5	UA825	9:25PM	2:00AM+1	2, 4, 7
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
PR 111	5:30AM	7:25AM	Daily	PR110	10:05PM	3:55AM+1	Daily
UA193	7:55PM	11:50PM	2, 5 via Palau	UA184	10:55PM	4:45AM+1	1, 3, 4, 6, 7
UA183	8:00PM	9:50PM	Daily	UA192	10:40PM	6:30AM+1	2, 5 via Palau
				UA189	12:40AM	6:30AM	3, 6
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	9:50AM	9:50PM	Daily via Guam	UA189/174	12:40AM	8:46AM+1	3, 6 via Guam
UA117/193	9:50AM	11:50PM	2, 5 via Guam, Palau	UA184/174	10:55PM	8:46AM+1	1, 3, 4, 6, 7 via Guam
				UA192/174	10:40PM	8:46AM+1	2, 5 via Palau, Guam
SAIPAN-INCHEON (ICN)				INCHEON (ICN)-SAIPAN			
TW308	3:15AM	6:55AM	1, 4, 5, 7	7C3406	10:10AM	3:30PM	Daily
TW9308	3:50AM	7:20AM	4, 7	TW307	8:45PM	2:15AM+1	3, 4, 6, 7
7C3405	4:35PM	8:25PM	Daily	TW9307	9:20PM	2:50AM+1	3, 6

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF MARCH 6, 2023

SAIPAN TO TINIAN			TINIAN TO SAIPAN		
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY
11:20 A.M.	11:38 A.M.	1, 2, 3, 4, 5	12:00 P.M.	12:18 P.M.	1, 2, 3, 4, 5
3:40 P.M.	3:58 P.M.	1, 2, 3, 4, 5	4:20 P.M.	4:38 P.M.	1, 2, 3, 4, 5
9:40 A.M.	9:58 A.M.	6,7	10:20 A.M.	10:38 A.M.	6,7
SAIPAN TO ROTA			ROTA TO SAIPAN		
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY
7:20 A.M.	8:00 A.M.	1, 2, 3, 4, 5	10:20 A.M.	11:00 A.M.	1, 2, 3, 4, 5
5:00 P.M.	5:40 P.M.	1, 2, 3, 4, 5	6:00 P.M.	6:40 P.M.	1, 2, 3, 4, 5
7:40 A.M.	8:20 A.M.	6,7	8:40 A.M.	9:20 A.M.	6,7
3:00 P.M.	3:40 P.M.	6,7	4:00 P.M.	4:40 P.M.	6,7
SAIPAN TO GUAM			GUAM TO SAIPAN		
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY
12:00 P.M.	1:00 P.M.	1, 2, 3, 4, 5	1:30 P.M.	2:30 P.M.	1, 2, 3, 4, 5
2:00 P.M.	3:00 P.M.	1, 2, 3, 4, 5	5:30 P.M.	6:30 P.M.	1, 2, 3, 4, 5
7:00 P.M.	8:00 P.M.	1, 2, 3, 4, 5	9:00 P.M.	10:00 P.M.	1, 2, 3, 4, 5
11:00 A.M.	12:00 P.M.	6,7	12:30 P.M.	1:30 P.M.	6,7
5:00 P.M.	6:00 P.M.	6,7	6:30 P.M.	7:30 P.M.	6,7
ROTA TO GUAM			GUAM TO ROTA		
DEPARTS	ARRIVES	FREQUENCY	DEPARTS	ARRIVES	FREQUENCY
8:20 A.M.	8:55 A.M.	1, 2, 3, 4, 5	9:25 A.M.	10:00 A.M.	1, 2, 3, 4, 5
4:25 P.M.	5:00 P.M.	1, 2, 3, 4, 5	3:30 P.M.	4:05 P.M.	1, 2, 3, 4, 5

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7)

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA				ROTA TO SAIPAN			
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily	3101	9:30	10:00	Daily
1302	11:00	11:30	Mon/Wed/Fri	3102	13:00	13:30	Tues/Thurs/Sat/Sun
1302	12:00	12:30	Tues/Thurs/Sat/Sun				
			Sat/Sun	3102	14:00	14:30	Mon/Wed/Fri
1303	15:30	16:00	Daily	3103	16:30	17:00	Daily
ROTA TO GUAM				GUAM TO ROTA			
LIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri	4301	13:00	13:30	Mon/Wed/Fri
SAIPAN TO TINIAN				TINIAN TO SAIPAN			
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily	2102	8:30	8:45	Daily
1203	9:00	9:15	Daily	2103	9:30	9:45	Daily
1204	10:00	10:15	Daily	2104	10:30	10:45	Daily
1208	14:00	14:15	Daily	2108	14:30	14:45	Daily
1209	15:00	15:15	Daily	2109	15:30	15:45	Daily
1210	16:00	16:15	Daily	2110	16:30	16:45	Daily
1211	17:00	17:15	Daily	2111	17:30	17:45	Daily

20-plus students learn basics of playing ukulele

More than 20 students participated in what is being dubbed as the Joeten-Kiyu Public Library's first free basic cultural ukulele class, which was held on Tuesdays and Wednesdays in January, February, and March.

This project, made possible by support from the Northern Marianas Humanities Council, featured cultural ukulele classes at both the Joeten-Kiyu Public Library and the its branch library, the Fernando M. Benavente Memorial Library in San Antonio.

The classes were held on Tuesdays and Wednesdays, with participants meeting for 12 sessions at the Fernando M. Benavente Memorial Library and at the Joeten-Kiyu



Public Library.

The classes were led by ukulele instructors Larry Lee and Kui Lee, in collaboration with the Bookmobile Outreach Services and the Technology Mobile Express of JKPL.

Some of the participants gave the following class reviews: "Thank you, Joeten-Kiyu Public Library and

sponsors for adding culture as part of the library's event!"

JKPL gives special thank you to McREL International for sponsoring the Video TeleConference Room at the JKPL to host the cultural ukulele class.

Registration for intermediate ukulele

class now open

Registration for Intermedi-

ate Ukulele Class at the Joeten-Kiyu Public Library is

now open. The minimum age requirement is 8 years old or older and adults. The total cost for eight class sessions is \$70.

Ukulele classes are held at Joeten-Kiyu Public Library in partnership with ukulele instructor Larry Lee and children. Session is expected to begin in April.

The JKPL ukulele class is based on "first come; first paid." Students must provide their own ukuleles and a folder to hold music sheets (plastic sheet protectors and a three-ring binder are recommended). Parents/guardians must sign a liability waiver form on behalf of their participating children and must adhere to public library policies and procedures. For questions regarding ukulele class, call Celina Foreman or Caitlyn Crisostomo at 235-7315 / 7318 during regular library hours. **(PR)**

SCC to host first quarter networking mixer

The Saipan Chamber of Commerce is inviting all of its Chamber members and the public to join its first quarter Networking Mixer, *Sippin' & Taxes*, that will take place this Wednesday, March 22, 2023, from 5pm to 7pm at the Naked Fish Bar & Grill.

"Join us for a fun mixer experience at Naked Fish Bar & Grill. Get ready to challenge others at our tax trivia activity, meet our incredible team, and network and mingle with other Chamber members and future Chamber members. We have awesome prizes to give away, so come and join us for a night of fun activities, free drinks, and networking with others," said the Chamber in a news release last week.

Seats are limited and the Chamber encourages interested members and guests to register online at www.saipanchamber.com or to call (670) 234-7150.

The entrance fee is \$25/Chamber member and \$35/future Chamber member. The entrance fee includes two free drinks and complimentary chasers provided by Naked Fish Bar & Grill (while supplies last).

The Saipan Chamber of Commerce is a non-profit organization whose mission is to empower our enterprises as a resource, advocate, and connector for Saipan's private sector. Its vision is to create an island where businesses, families, and communities succeed as one. For more information or to learn how to become a Chamber Member, visit online at www.saipanchamber.com, call 234-7150, or visit the fourth floor of the Marianas Business Plaza (Room 413). **(PR)**

PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION

INVITATION TO BID (ITB)
ITB23-CHCC/MICAH-007
MATERNAL, INFANT, CHILD AND ADOLESCENT HEALTH (MICAH) PROGRAM

SUBMISSION DEADLINE: MARCH 24, 2023 TIME: 10:00AM (CHST)

"LEASE OF VEHICLES"

INTERESTED PARTIES CAN DOWNLOAD THIS INVITATION TO BID FROM THE CHCC WEBSITE (WWW.CHCC.HEALTH). ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSALS** TAB ON THE LEFT NAVIGATION BAR. CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA
CHC CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY

COMMONWEALTH PORTS AUTHORITY
MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055 • SAIPAN • MP 96950
PHONE: (1-670) 237-6500 / 1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSAL
PROJECT NO. CPA-RFP-006-23
FOR PROFESSIONAL SERVICES BY QUALIFIED AND EXPERIENCED FIRM(S) SERVICING THE AIRPORT INDUSTRY AND SPECIALIZING IN AIRPORT FINANCE RELATED REVENUE PLANNING AND DEVELOPMENT, AND PASSENGER FACILITY CHARGES

The Commonwealth Ports Authority (CPA), a public Corporation of the Commonwealth of the Northern Mariana Islands, hereby requests proposals from qualified and experienced firm(s) servicing the airport industry and specializing in airport finance, related revenue planning and development, and passenger facility charges. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluated by price alone (NMIAC § 40-50-225 (a)).

The Proposal Package is available for pick-up beginning February 15, 2023, at the Office of the Executive Director, 2nd Floor, Arrival Building, Francisco C. Ada/Saipan International Airport. Bidders must submit all required documents listed in the RFP Package. All responses to this RFP shall take into account any and/or all costs that will be charged the proposer awarded for this project. Proposers shall also take into consideration all necessary badging requirements and fees for this project.

Questions regarding this procurement should be submitted in writing to Christopher S. Tenorio, Executive Director, Commonwealth Ports Authority either by facsimile, or email cpa.receptionist@ptcom.com with copy to skye.hofschneider@cnmiports.com on or before March 09, 2023.

All proposals shall be sealed and marked on the cover package outside as follows: "Professional Services to provide Airport Finance, Related Revenue Planning and Development, and Passenger Facility Charges, Project No. CPA-RFP-006-23". One (1) original and two (2) copies of the proposal must be submitted no later than 4:00 p.m. Local Time, March 20, 2023, to the Office of the Executive Director at the Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the submittal deadline shall be rejected and returned unopened.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this RFP; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid/proposal rejection or cancellation; or (c) sufficient justification exists that awarding the proposal would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would not be in CPA's best interest.

All proposals shall become the property of the Commonwealth Ports Authority. This RFP shall be executed as per the CPA Procurement Regulations.

FOR THE COMMONWEALTH PORTS AUTHORITY

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date _____

COMMONWEALTH PORTS AUTHORITY(CPA)
CNMI GOVERNMENT
Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
Website: www.cnmiports.com

NOTICE TO BIDDERS

COMMONWEALTH PORTS AUTHORITY (CPA) is inviting qualified contractors to submit bid proposals and their qualifications for the **PORT OF SAIPAN BERTH 103 REPAIRS, Project No. CPA-SS-001-17**, for the island of Saipan, Commonwealth of the Northern Mariana Islands.

Bidders are to submit one original and two copies of their bid which shall be sealed in an envelope and marked on the cover package outside as follows: "PORT OF SAIPAN BERTH 103 REPAIRS, CPA-SS-001-17" and submitted no later than **2:00 P.M. (CHST), THURSDAY, MARCH 23, 2023**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, at which time and place the sealed proposals will be publicly opened and read. Bidders are requested to minimize their company's attendees to ensure social distancing.

The Project, in general, consists of Berth 103 Cavity Repairs including all associated work, all in accordance with the Plans and Specifications.

The Project is being financed by the Commonwealth Ports Authority. The contract award, if it is to be made, will be made within one hundred twenty (120) calendar days from the receipt of bids. CPA reserves the right to hold such bids in effect for one hundred eighty (180) calendar days from the date of bid opening.

A DVD containing the Contract Documents including plans, specifications and the bid schedule, may be obtained at the CPA Accounting Office, 2nd floor of the Departure Terminal at the Francisco C. Ada/Saipan International Airport, upon the payment of **TWO HUNDRED U.S. DOLLARS (\$200.00)** for each set of plans and documents in electronic form (DVD). The payment is nonrefundable unless this notice to bidders is cancelled. Payment shall be made in cash, credit card, cashier's check or U.S. postal money order, made payable to the Commonwealth Ports Authority. Bidders should notify CPA's point of contact mentioned below immediately if there are issues retrieving the files on the DVD and are to verify all information using the specification table of contents and the index of drawings.

A pre-bid conference will be held at CPA's Capt. George Fleming Memorial Building Conference Room at the Port of Saipan, located in Lower Base on the island of Saipan in the Commonwealth of the Northern Mariana Islands (CNMI), at **10:00 A.M. (CHST), FRIDAY, MARCH 10, 2023**, to explain and clarify any questions regarding this project. Attendance is not mandatory. A site visit will follow the pre-bid conference. Bidders are requested to minimize their company's attendees to ensure social distancing.

Questions should be submitted in writing to the CPA Executive Director's Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport or emailed to Ms. Wendi L. Prater, Executive Assistant/Project Manager at wprater@cnmiports.com at least ten (10) days prior to the bid opening date; with the exception of extension requests which have no deadline. Responses to all questions and requests for information will be provided to all bidders who purchased a DVD and attended the pre-bid conference.

Bidders shall use the bid schedule form furnished by the Commonwealth Ports Authority on the DVD. Each bidder must also supply all supplemental information required in the specifications.

The contract period for construction of the project in its entirety shall be **FOUR HUNDRED TWENTY (420) calendar days**. Liquidated damages in the amount of **FIVE HUNDRED U.S. DOLLARS PER CALENDAR DAY (\$500.00)** shall be assessed the Contractor for each calendar day that the completion of the Project is delayed beyond the contract completion date without approved excuse.

The apparent low bidder will be subject to a thorough and comprehensive review of its qualifications and Bid Documents to ensure that they are "responsive and responsible." This review will include, but is not necessarily limited to previous project experience, financial capabilities, quality of equipment and personnel, and bonding and insurance. If the apparent low bidder is found not to be "responsive or responsible", their bid will be rejected and the next lowest bidder will be evaluated for qualifications.

The Commonwealth Ports Authority reserves the right to reject any or all bid proposals submitted for: (a) any of the reasons set forth in this Notice to Bidders; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; (c) any calculation error made in the bid schedule or mis-enter of the quantity of line item; or (d) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said bids if in its sole opinion to do so would be in CPA's best interest.

Each bid shall be accompanied by either a bid bond by a U.S. Treasury listed or CPA approved surety company, a certified check, or a cashier's check in the amount not less than ten percent (10%) of the bid price. Checks shall be made payable to the Commonwealth Ports Authority.

All mechanics and laborers for this procurement project shall be paid no less than the minimum wage rate established by the CNMI or the U.S. Secretary of Labor, whichever is higher. A copy of the Department of the Federal Labor Wage Rate Determination is included in Section GP 70-26 of the specifications. The bidder shall take into account minimum wage increases that may be imposed in the CNMI over the life of the Contract and include associated costs in the bid proposal. The EEO requirements, labor provisions, and wage rates are included in the specifications.

The Commonwealth Ports Authority, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 USC §§ 2000d to 2000d-4) and the Regulations, hereby notifies all bidders or offerors that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

By submitting a bid/proposal under this solicitation, the bidder or offeror certifies that neither it nor its principals are presently debarred or suspended by any Federal department or agency from participation in this transaction.

In addition to the above, all bidders shall comply with all local and Federal requirements under this procurement.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date: February 8, 2023

Business

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

3-in-1 concept brews up in Garapan

Napu Brewing Co. and Tapped Out held its grand opening last Saturday with the promise of becoming Saipan's No. 1 watering hole.

Perry Inos Jr. and Michael Sheu, partners of Napu Brewing Co. and Tapped Out parent company AP Group, said the twin establishments hope to integrate the three concepts of a microbrewery, a tap room, and food into one.

"Basically the idea is offering something that the CNMI does not have. We've had a brewery, we've had a bar, but we don't have the best of both worlds. So what we're doing is we are brewing on the spot and serving our craft beer at our bar, Tapped Out. So the brewery is Napu Brewery then the kitchen and bar is Tapped Out," said Inos.

"It's the first beer that's been locally made for some time now. We can't really say we're the first but first now since the pandemic. What's pretty interesting is we're combining the concepts of a brewery, a tap room, as well as food," added Sheu.

Some of the craft beers available at Tapped Out include Summer Blond, which is a

complex, clear, mid-strength ale, slightly sweet and dry, pale in color and low in bitterness; Chagi Par IPA, which is a floral, fruity, citrus-like, piney or resinous variety hop character beer; and Stone Lager, which has a very clean and crisp taste and is a lighter and more mild tasting beer.

Under the 1-in-3 concept, AP Group has sought the help of Black Hops Brewing president Michael McGovern out of Queensland, Australia, and Daryl Babauta, who is one of the first local chefs in the CNMI, as consultants for the brewery and F&B side, respectively.

In addition, Napu Brewing and Tapped Out has, well, tapped the services of next door neighbor Angry Penne to help make its menu.

"So it's the intersection of three businesses so we're like a brewpub and microbrewery [and restaurant]. So we're hoping to create a culture here as the new watering hole of Saipan," said Sheu.

As for the genesis of the newly established businesses, Sheu said it came from more of a personal need, at first.

"We were looking at potential

AP Group partners Perry Inos Jr., sixth from left, and Michael Sheu, ninth from left, lead the ribbon-cutting of the Napu Brewing Co. and Tapped Out last Saturday.



industries that could be viable here in the CNMI and one thing that came to mind is [this] because we do a lot of social gatherings. We're a very social community here and we also like to drink. And for me personally, ever since the pandemic, I really couldn't find a good selection of craft beer here that I wanted. Everywhere I went it was only a few types of craft beer. So we decided to create a tap room

where we can create and supply those kinds of beers, but in addition to that, we wanted to also create a brewery, where we can also experiment making our own beer, employ people that live here, and sort of experiment with different flavor profiles that the community here have to offer like make your own beer."

While the scissors that cut the red ribbon at their grand opening remain barely used, Inos and Sheu are already looking long term and plans are afoot to eventually make Napu Brewing's craft beer available to off-island customers and that's where Black Hops and McGovern's advice becomes doubly important.

"He's really guiding us on the right path so that we can eventually export and be more of a distribution company on the brew side. That's our end goal," said Inos.

As for opening a business—or in this case twin businesses during the pandemic, Sheu said it quite the journey, but added that tech giants like PayPal were actually born during an economic crisis with online payment system's case during the crash of the dotcom age.

"I think it really forces you to be really detail-oriented about your vision, your values, what you're trying to do with your cost and personnel. So I think, you know, trying to grow this

environment really gave us a lot and in a way this was like trying to learn to drive on a road full of potholes," he said.

Bishop Ryan Jimenez blessed the premises before the grand opening and the High Tide Band provided the event's island-themed entertainment.

Napu Brewing Co. and Tapped Out is open starting at


4pm everyday and is located on the ground floor of Hotel One and next to the Commonwealth Cannabis Co. and Angry Penne along Micro Beach Road in front of the American Memorial Park in Garapan. For more information, call (670) 488-2739, check their website at www.tappedout.mp, or on their social media pages.



MARK RABAGO
The High Tide Band provided the entertainment during the grand opening of Napu Brewing Co. and Tapped Out last Saturday.



MARK RABAGO
Some of the craft beers available at Tapped Out include Summer Blond, Chagi Par IPA, and Stone Lager.



COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BID

CUC-IFB-23-006

Isley Field and Obyan Wells Granular Activated Carbon Water Filtration System Construction Project

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Isley Field and Obyan Wells Granular Activated Carbon Water Filtration System Construction Project for IF 208, OB 6, OB 19 and OB 23 in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of the installation of Owner Furnished GAC units, chain link fence removal and installation of new chain link fence, connection of the new waterline to existing waterline, connection of the influent and effluent lines of the GAC units to the existing waterline.

The project is funded by a grant from the United States of Economic Development Authority (USEDA) and OIA. The award of this project is contingent upon receipt of approval for project award from USEDPA and OIA.

CUC requires the project to be completed in **210 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$200.00 for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **March 31, 2023 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-23-006, Isley Field and Obyan Wells Granular Activated Carbon Water Filtration System Construction Project"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on April 25, 2023**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety.

A Payment Bond of one hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract. Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on April 7, 2023** to Mr. Manny B. Sablan, Jr., CUC Purchasing Administrator, via email address, manny.sablan@cucgov.org, with a copy to Larry Manacop, Acting Chief Engineer, Water/Wastewater via email at larry.manacop@cucgov.org, Dennis Formalejo, Engineer, Senior via email at dennis.formalejo@cucgov.org and Ms. Christie L. Sablan, Senior Administrative Technician via email address at christie.sablan@cucgov.org. CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator



PROCUREMENT AND SUPPLY

COMMONWEALTH HEALTHCARE CORPORATION

REQUEST FOR PROPOSAL (RFP)

RFP23-CHCC/EHDP-006

ENVIRONMENTAL HEALTH DISEASE PREVENTION (EHDP)

SUBMISSION DEADLINE: MARCH 24, 2023 TIME: 10:00AM (CHST)

"CONSTRUCTION/RENOVATION SERVICES-EHDP LABORATORY"

INTERESTED PARTIES CAN DOWNLOAD THIS REQUEST FOR PROPOSAL FROM THE CHCC WEBSITE (WWW.CHCC.HEALTH). ONCE AT THE SITE, NAVIGATE TO **REQUEST FOR PROPOSALS** TAB ON THE LEFT NAVIGATION BAR, CLICK ON THE URL FOR THIS RFP. YOU WILL BE REQUIRED TO ENTER DATA TO ALLOW US TO TRACK ALL REQUESTS FOR THIS OPPORTUNITY.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSAL AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL, IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA
CHC CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY

**30 Days' Notice
to remove
Hyundai Vehicle
License Plate
No.: ACM 097**

**Please call
Scott at
(670) 287-7268**

Nation

Trump says he expects to be arrested, calls for protest

NEWYORK (AP)—Donald Trump claimed on Saturday that his arrest is imminent and issued an extraordinary call for his supporters to protest as a New York grand jury investigates hush money payments to women who alleged sexual encounters with the former president.

Even as Trump's lawyer and spokesperson said there had been no communication from prosecutors, Trump declared in a post on his social media platform that he expects to be taken into custody on Tuesday.

His message seemed designed to preempt a formal announcement from prosecutors and to galvanize outrage from



Former President Donald J. Trump gestures to Vito Arujau, NCAA wrestling champion at the 133 lb class, at the NCAA Wrestling Championships, Saturday, March 18, 2023, in Tulsa, Okla.

his base of supporters in advance of widely anticipated charges. Within hours, his campaign was sending fundraising solicitations to his supporters, while influential Republicans in Congress and even some declared and potential rival candidates issued statements in his defense.

In a later post that went beyond simply exhorting loyalists to protest about his legal peril, the 2024 presidential candidate directed his overarching ire in all capital letters at the Biden administration and raised the prospect of civil unrest: "IT'S TIME!!!" he wrote. "WE JUST CAN'T ALLOW THIS ANYMORE. THEY'RE KILLING OUR NATION AS WE SIT BACK & WATCH. WE MUST SAVE AMERICA! PROTEST, PROTEST, PROTEST!!!"

It all evoked, in foreboding ways, the rhetoric he used shortly before the insurrection at the U.S. Capitol on Jan. 6, 2021. After hearing from the then-president at a Washington rally that morning, his supporters marched to the Capitol and tried to stop the congressional certification of Democrat Joe Biden's White House victory, breaking through doors and windows of the building and leaving officers beaten and bloodied.

District Attorney Alvin Bragg is thought to be eyeing charges in the hush

money investigation, and recently offered Trump a chance to testify before the grand jury. Local law enforcement officials are bracing for the public safety ramifications of an unprecedented prosecution of a former American president.

But there has been no public announcement of any time frame for the grand jury's secret work in the case. At least one additional witness is expected to testify, further indicating that no vote to indict has yet been taken, according to a person familiar with the investigation who was not authorized to publicly discuss the case and spoke on condition of anonymity.

That did not stop Trump from taking to his social media platform to say "illegal leaks" from Bragg's office indicate that "THE FAR & AWAY LEADING REPUBLICAN CANDIDATE & FORMER PRESIDENT OF THE UNITED STATES OF AMERICA, WILL BE ARRESTED ON TUESDAY OF NEXT WEEK."

A Trump lawyer, Susan Necheles, said Trump's post was "based on the media reports," and a spokesperson said there had been "no notification" from Bragg's office, though the origin of Trump's Tuesday reference was unclear. The district attorney's office declined to comment.

Election conspiracy movement grinds on as 2024 approaches

FRANKLIN, Tenn. (AP)—One by one, the presenters inside the crowded hotel ballroom shared their computer screens and promised to show how easy it is to hack into voting systems across the U.S.

Drawing gasps from the crowd, they highlighted theoretical vulnerabilities and problems from past elections. But instead of tailoring their efforts to improve election security, they argued that all voting machines should be eliminated — a message that was wrapped in conspiracies about elections being rigged to favor certain candidates.

"We are at war. The only thing that's not flying right now is bullets," said Mark

Finchem, a Republican candidate for secretary of state in Arizona last year who continues to contest his loss and was the final speaker of the daylong conference.

Finchem was among a group of Republican candidates running for governor, secretary of state or state attorney who disputed the outcome of the 2020 election and who lost in a clean sweep last November in important political battleground states, including Michigan, Nevada, Pennsylvania and Wisconsin.

Yet deep distrust about U.S. elections persists among Republicans, skepticism fueled by former President Donald Trump's false claims and by allies who have been

traveling the country meeting with community groups and holding forums like the one recently just outside Nashville, attended by some 250 people.

As the nation barrels toward the next presidential election, the election conspiracy movement that mushroomed after the last one shows no signs of slowing down. Millions have been convinced that any election in which their preferred candidate loses has been somehow rigged against them, a belief that has fed efforts among conservatives to ditch voting machines and to halt or delay certification of election results.

"Voters who know the


truth about our elections have faith in them," said Liz Iacobucci, election security program manager with the voter advocacy group Common Cause. "But the people who have been led into disbelief — those people can be led into other things, like Jan. 6."

Trump, running for the White House for the third time, has signaled that the 2020 election will remain an integral part of his 2024 presidential bid. In a recent call with reporters about a new book, Trump pointed to polls that show a sizable number of people believe the 2020 election was stolen, even though there is no such evidence.

Biden calls for tougher penalties against executives of failed banks

WASHINGTON (AP)—President Joe Biden on Friday called on Congress to allow regulators to impose tougher penalties on the executives of failed banks, including clawing back compensation and making it easier to bar them from working in the industry. Biden wants the Federal Deposit Insurance Corporation to be able to force the return of compensation paid to executives at a broader range of banks should they fail, and to lower the threshold for the regulator to impose fines and bar executives from working at another bank. He called on Congress to grant the FDIC those powers after the failures of Silicon Valley Bank and Signature Bank sent shockwaves through the global banking

industry. "Strengthening accountability is an important deterrent to prevent mismanagement in the future," Biden said in a statement. "Congress must act to impose tougher penalties for senior bank executives whose mismanagement contributed to their institutions failing." Currently the FDIC can only take back the compensation of executives at the largest banks in the nation, and other penalties on executives require "recklessness" or acting with "willful or continuing disregard" for their bank's health. Biden wants Congress to allow the regulator to impose penalties for "negligent" executives — a lower legal threshold. Congress has already begun to address the aftermath of the bank failures.



NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514

PUBLIC DISCLOSURE

NMHC hereby publicly discloses that on Monday, January 31, 2022, **Ramon B. Camacho dba Camacho Rental** applied for assistance under the Community Development Block Grant-Disaster Recovery (CDBG-DR) Affordable Rental Housing Development Program. On January 9, 2023, Ramon B. Camacho has taken office as Mayor of the Municipality of Saipan, in the Commonwealth of the Northern Mariana Islands.


Said applicant is aware of the housing needs of Low-to-Moderate Income (LMI) families who have been affected by Super Typhoon Yutu. The CNMI has not been able to recover from this disaster quickly enough to meet the community's housing needs. The Camacho Rental project proposes to rebuild four (4) units, including two (2) units of two-bedrooms and two (2) units of three-bedrooms. The proposed project will contribute to addressing some of the market demands for affordable housing and the current housing shortages our island is experiencing. Ramon B. Camacho is not and shall not be involved in the handling of this loan application.

NMHC discloses this possible conflict pursuant to 24 CFR § 92.356 in order to allow any interested persons to comment before the application is considered for an exception under the applicable conflict regulations.

Any comments should be submitted to NMHC on or before Tuesday, April 4, 2023.

Dated this 20th day of March, 2023.

/s/
JESSE S. PALACIOS
Corporate Director



Public Participation Requirement
CNMI PUBLIC SCHOOL SYSTEM
Special Education Program

Pursuant to the Individuals with Disabilities Education Act Public Participation Requirements, the Public School System Special Education Program are required to circulate for 60 days its grant application for Special Education, and allow 30 days during that period for public comments from the general public, including individuals with disabilities and parents of youth with disabilities. Hard copies of the Special Education Grant Application are available from Monday – Friday, 8:00am – 4:00pm at the Office of Special Education Program, Capitol Hill House Bldg. #1224.

For Special Education Program

60-Day Public Circulation Period: March 20, 2023 thru May 19, 2023
30-Day Public Comment Period: March 27, 2023 thru April 26, 2023

You may also access the grant application on the PSS Website at <https://www.cnmpss.org/special-education-program>

Comments may be hand delivered to the Special Education Program office located in Capitol Hill Bldg. # 1224 or phone your comments in to:

Special Education Program (670) 237-3029

For more information, please contact Ms. Donna M. Flores, Director, Special Education Program at (670) 237-3029.

Health & Wellness

This advertorial
is sponsored by



How can hospice care provide comfort to those with terminal illnesses?

By CYNTHIA WEISS
Mayo Clinic News Network

DEAR MAYO CLINIC: I have a loved one who was referred for hospice care. I'm not sure what this means. Can you share more about what hospice care is and how it may help my family member?

ANSWER: Hospice care might be an option for people who are nearing the end of life due to a terminal illness and have exhausted all other treatment options.

Unlike other medical care, the focus of hospice care is not to cure the underlying disease. The goal is to support the highest quality of life possible for whatever time remains. Enrolling in hospice care early can help your loved one live better.

Hospice care is provided by a team of health care profes-

sionals who aim to maximize comfort for a person by reducing pain and addressing physical, psychological, social and spiritual needs. To help families, hospice care also provides counseling, respite care and other support, including bereavement services.

Who is eligible for hospice care?

Hospice services are typically for a person who is expected to have six months or less to live.

Many people who receive hospice care have cancer, but hospice care is available for patients with other serious or advanced medical conditions, such as heart disease, dementia, kidney failure or chronic obstructive pulmonary disease.

What is the benefit of hospice care?

Hospice care decreases the burden on family, decreases the family's likelihood of having a complicated grief

and prepares family members for their loved one's death.

Additionally, since many family members often serve as the primary caregiver for their loved one, hospice care can offer a break to caregivers by allowing a patient to be cared for at a facility for a period of time. This is known as respite care.

Who is involved in hospice care?

While many people opt to receive hospice care at home, it also can be available at hospitals, nursing homes, assisted living facilities and dedicated hospice facilities. Typically, hospice staff will make regular visits to your home or other setting. Hospice staff are on call 24 hours a day, seven days a week.

A hospice care team typically includes:

■ **Doctors.** A primary care doctor and a hospice doctor or medical director will

oversee care. Each patient can choose whether to have their existing primary care doctor or a hospice specialist as their main physician.

■ **Nurses.** Nurses are an integral part of the care team and usually are responsible for the coordination of the hospice care team.

■ **Home health aides.** Home health aides can provide extra support with routine care, such as dressing, bathing and eating.

■ **Spiritual counselors.** Chaplains, priests, lay ministers or other spiritual counselors can provide spiritual care and guidance for the entire family.

■ **Social workers.** Social workers provide counseling and support. They also can provide referrals to other support systems.

■ **Pharmacists.** Pharmacists provide medication oversight and suggestions

regarding the most effective ways to relieve symptoms.

■ **Volunteers.** Trained volunteers offer a variety of services, including providing company or respite for caregivers, and helping with transportation or other practical needs.

■ **Other professionals.** Speech, physical and occupational therapists can provide therapy, if needed.

■ **Bereavement counselors.** Trained bereavement counselors offer support and guidance after the death of a loved one in hospice Selecting a hospice program

Depending upon where you live, there may be several hospice programs available. Speak with your care team, including doctors, nurses and social workers, about their experiences with different hospice programs. Also, ask friends and your local or state office on aging.

Consider the following questions when evaluating a hospice program:

■ Is the hospice program Medicare-certified? Is the program reviewed and licensed by the state or certified in some other way? Is the program accredited by The Joint Commission?

er way? Is the program accredited by The Joint Commission?

■ Who makes up the hospice care team, and how are they trained or screened? Is the hospice medical director board-certified in hospice and palliative care medicine?

■ Is the hospice program nonprofit or for profit?

■ What services are offered to a person who is terminally ill? How are pain and other symptoms managed?

■ Does the hospice program have a dedicated pharmacist to help adjust medications?

■ Is residential hospice available?

■ How are hospice care services provided after-hours?

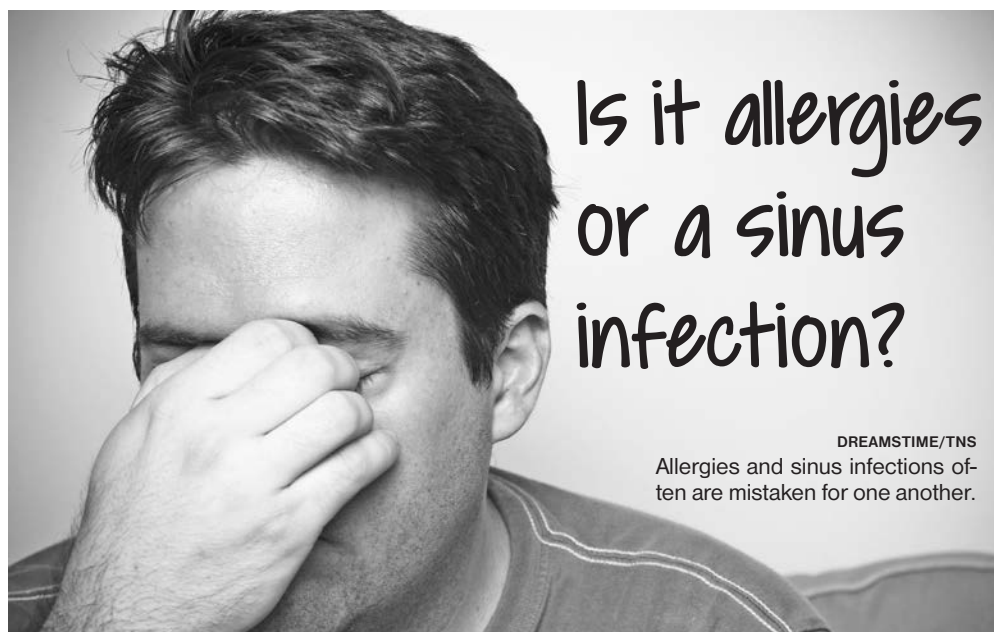
■ How long does it take to get accepted into the hospice care program?

■ What services are offered to the family? Are respite services available for caregivers? Are bereavement services available?

Remember, hospice stresses care over cure. The goal is to provide comfort during the final months and days of life.

Dr. Maisha Robinson, Neurology, and Dr. Molly Kilpatrick, Palliative Medicine, Mayo Clinic, Jacksonville, Florida

MAYO CLINIC Q&A



DREAMSTIME/TNS

Allergies and sinus infections often are mistaken for one another.

By CYNTHIA WEISS
Mayo Clinic News Network

DEAR MAYO CLINIC: I have had allergies since childhood, suffering during both the spring and fall seasons. This past month, however, I am experiencing more congestion and mucus, and I even have some facial pain. I'm beginning to wonder if my symptoms are really from allergies or if they may be caused by a sinus infection instead. How can I tell the difference?

ANSWER: Allergies and sinus infections often are mistaken for one another. But they are two separate conditions. By paying close attention to the specific symptoms you have, you can usually identify which one is more likely to be causing the problem.

When someone has allergies, it means their body is

negatively reacting to allergens, such as pollen, dust mites or pet dander. This reaction happens when the immune system releases certain substances, such as histamine, into the bloodstream. This leads to allergy symptoms, which may include itching, sneezing, sinus pressure, nasal congestion and discharge. Although allergies can produce many of the same symptoms as a sinus infection, the condition is different.

A sinus infection, also called sinusitis, affects the cavities around your nasal passages. The infection causes your sinuses to become inflamed and swollen. The swelling makes it hard for your sinuses to drain, and mucus builds up. You become congested and have trouble breathing through your nose. Sinusitis often causes thick nasal discharge. In addition, you may experience headaches as well as pressure around your eyes, cheeks,

nose or forehead. Though more uncommon, cough and a sore throat can accompany sinusitis, too.

One of the telltale signs to discern if you have allergic rhinitis or a sinus infection is if you have itchy, watery eyes along with other symptoms. Itchiness is rarely a symptom of a sinus infection. Contrary to popular belief, the color of your mucus does not help tell the difference between allergies or sinus infections.

Given that you have noted seasonal allergies, pay attention to the timing of your symptoms. This also may help decide if they likely are caused by allergies. For example, tree pollen is most common in the spring. Grass pollen is common in late spring and early summer, while ragweed pollen is prevalent in the fall. Mold and fungi spores are usually more plentiful in warm-weather months. Of

course, the seasons may be different, depending on the region of the country where you live.

Finally, medication response also can help you determine if you need additional medical care. For allergies, over-the-counter medications, such as antihistamines, can be quite effective in relieving allergy symptoms, particularly itching and a runny nose. You also may try adding an over-the-counter nasal corticosteroid daily to help with allergy symptoms. These nasal sprays help prevent and treat nasal inflammation and congestion, especially if you have seasonal allergies and use them just as the allergy symptoms begin.

If you suspect your nasal congestion and other symptoms are the results of sinus problems rather than allergies, you just may need to be patient. In most cases, viruses cause sinusitis. These viral infections usually go away on their own within a week to 10 days. Self-care measures, such as extra rest and fluids, saline sinus rinses, and over-the-counter pain relievers and decongestants, can help. But if symptoms are persistent or severe, antibiotics may be needed to treat the infection.

If your symptoms are increasing, do not improve with current therapy or last for more than two weeks, you could benefit from a visit with your primary care clinician or an allergist. There are other options to help alleviate symptoms and address ongoing allergies or recurrent sinusitis.

Dr. Jacqueline Squire, Allergy and Immunology, Mayo Clinic, Jacksonville, Florida

CDC: All adults should be screened for hepatitis B

By HUNTER BOYCE
The Atlanta Journal-Constitution

People with chronic hepatitis B virus (HBV) infection are at increased risk for liver cancer, cirrhosis and are 70% to 85% more likely to die prematurely than the general population, according to the Atlanta-based Centers for Disease Control and Prevention. With an estimated 580,000 to 2.4 million people in the U.S. infected with HBV, the CDC is now recommending that all adults should be tested for the virus at least once in their lives.

"New recommendations include hepatitis B screening using three laboratory tests at least once during a lifetime for adults aged ≥18 years," the CDC said on Friday.

While vaccinations are considered highly effective at preventing HBV infections, a total 70% of U.S. adults reported they were unvaccinated as of 2018.

"HBV is transmitted through contact with infected blood or body fluids, such as during pregnancy or delivery, through sex, or by injection drug use (IDU), with the greatest risk for chronic infection occurring during perinatal in-

fection," the CDC explained.

The centers' recent report updates and expands upon CDC recommendations that have been in place since 2008.

"CDC evaluated the addition of a universal screening recommendation among adults as well as testing persons expected to be at increased risk for HBV infection that were not included in the 2008 testing recommendations."

The newly CDC recommended screenings are expected to save a number of lives per year, as well as a number of debilitating conditions and millions of dollars in health care costs.

"Compared with current practice, universal screening would be expected to avert an additional 7.4 cases of compensated cirrhosis, 3.3 cases of decompensated cirrhosis, 5.5 cases of HCC, 1.9 liver transplants, and 10.3 HBV-related deaths per 100,000 persons screened," the CDC reported.

"Universal HBsAg screening of adults aged 18–69 years would save \$262,857 per quality-adjusted life year (QALY) and would result in a gain of 135 QALYs per 100,000 adults screened."

Life & Style

Cambodia celebrates return of 'priceless' stolen artifacts

PHNOM PENH, Cambodia (AP)—Centuries-old cultural artifacts that had been illegally smuggled out from Cambodia were welcomed home Friday at a celebration led by Prime Minister Hun Sen, who offered thanks for their return and appealed for further efforts to retrieve such stolen treasures.

Many, if not all, of the items displayed at the government's offices Friday had been looted from Cambodia during periods of war and instability, including in the 1970s when the country was under the brutal rule of the communist Khmer Rouge. Through unscrupulous art dealers, they made their way into the hands of private collectors and museums around the world.

A statement from the Min-

istry of Culture and Fine Arts described the returned artifacts as embodying the "priceless cultural heritage and the souls of generations of Khmer ancestors."

The statement credited the items' return to "tremendous cooperation and support" from public and private institutions, national and international experts, and close relations with other countries through bilateral, multi-lateral and international institutions, including UNESCO.

It also singled out cooperation between the Cambodian and U.S. governments. Many of the items returned so far have come from the United States.

The returned items included important Hindu and Buddhist statues, as well as ancient jewelry from the once-mighty em-



In this photo provided by Kok Ky/Cambodia's Government Cabinet, Cambodian Prime Minister Hun Sen, center right, prays together with his minister of Culture and Fine Arts Phoeung Sackona, center left, in front of a sandstone statue at Peace Palace, in Phnom Penh, Cambodia, Friday, March 17, 2023.

pire of Angkor.

In February, a spectacular

collection of jewelry was returned to Cambodia from the

estate of antiquities collector and dealer Douglas Latchford,

who was accused of buying and selling looted artifacts. The 77 pieces of jewelry included crowns, necklaces, bracelets, belts, earrings and amulets. U.S. prosecutors indicted him in 2019 on charges related to alleged trafficking in stolen and looted Cambodian antiquities. Latchford, who died in 2020, had denied any involvement in smuggling.

In remarks to an invited audience that included U.S. Ambassador W. Patrick Murphy, Hun Sen said that some Cambodian sculptures are still missing and held in foreign countries, and he appealed for their return in the spirit of goodwill. He said his government is determined to use all means at its disposal to secure those stolen artifacts, including negotiations and legal action.

Lance Reddick, 'The Wire' and 'John Wick' star, dies at 60

NEW YORK (AP)—Lance Reddick, a character actor who specialized in intense, icy and possibly sinister authority figures on TV and film, including "The Wire," "Fringe"



Reddick

and the "John Wick" franchise, has died. He was 60.

Reddick died "suddenly" Friday morning, his publicist Mia Hansen said in a statement, attributing his death to natural causes. No further details were provided.

Wendell Pierce, Reddick's co-star on "The Wire" paid tribute on Twitter. "A man of great strength and grace," he wrote. "As talented a mu-

sician as he was an actor. The epitome of class." "John Wick—Chapter Four" director Chad Stahelski and star Keanu Reeves said they were dedicating the upcoming film to Reddick and were "deeply saddened and heartbroken at the loss."

Reddick was often put in a suit or a crisp uniform during his career, playing tall, taciturn and elegant men of distinction. He was best known for his role as straight-laced Lt. Cedric Daniels on the hit HBO series "The Wire," where his character was agonizingly trapped in the messy politics of the Baltimore po-

lice department.

"The Wire" creator David Simon praised Reddick on Twitter: "Consummate professional, devoted collaborator, lovely and gentle man, loyal friend. Could go on, but no, I can't go on. This is gutting. And way, way, way too soon."

"I'm an artist at heart. I feel that I'm very good at what I do. When I went to drama school, I knew I was at least as talented as other students, but because I was a Black man and I wasn't pretty, I knew I would have to work my butt off to be the best that I would be, and to be noticed," Reddick told the Los Angeles Times in 2009.

Reddick also starred on

the Fox series "Fringe" as a special agent Phillip Broyles, the smartly-dressed Matthew Abaddon on "Lost" and played the multi-skilled Continental Hotel concierge Charon in Lionsgate's "John Wick" movies, including the fourth in the series that releases later this month.

"The world of Wick would not be what it is without Lance Reddick and the unparalleled depth he brought to Charon's humanity and unflappable charisma. Lance leaves behind an indelible legacy and hugely impressive body of work, but we will remember him as our lovely, joyful friend and Concierge," Lionsgate said in a statement.

Prince Harry sues tabloid for defamation over security story

LONDON (AP)—Lawyers for Prince Harry asked a judge Friday to rule that a tabloid newspaper libeled the British royal with an article about his quest for police protection when he and his family visit the U.K.

Harry is suing Mail on Sunday publisher Associated Newspapers Ltd. over an article alleging he tried to hush up his separate legal challenge over the British government's refusal to let him pay for police security.

During a hearing at the High Court in London, Harry's lead attorney asked Judge Matthew Nickin either to strike out the publisher's defense or to deliv-

er a summary judgment, which would be a ruling in the prince's favor without going to trial.

Lawyer Justin Rushbrooke said the facts did not support the publisher's "substantive pleaded defense" that the article expressed an "honest opinion."

He said the article was "fundamentally inaccurate."

Harry was not in court for the hearing. The prince, also known as the Duke of Sussex, and his wife, Meghan, lost their publicly funded U.K. police protection when they stepped down as senior working royals and moved to North America in 2020.

Reader should beware of potential scammers

DEAR ABBY: This is in response to "Living a Soap Opera" (Jan. 3), the unhappy woman who is married to an alcoholic. She is flattered by the three younger men she's conversing with online. My experience is that when men say they are in a place where you can't meet them, such as stationed far away in the army or on a ship, and they immediately fall in love with you, it's most likely a scam.

I'm not saying this to hurt her feelings or deflate her ego, but for the purpose of safety. If they start asking for money, BEWARE! Vulnerable people easily get scammed in this way. Sadly, I know this from experience, so I just wanted to give a heads-up.

THANKFUL I CAUGHT ON

DEAR THANKFUL: Many readers saw red flags in "Living's" letter, with some pointing out that the "in the military" scenario is a common one. "Living" should do as much research as she can on "catfishing" and these kinds of scams, and never send money for ANY reason. Readers also recommended she attend Al-Anon meetings if she hasn't been, and look for activity groups locally to add some positivity to her life.

■■■■■

DEAR ABBY: I have been with my husband for 10 years. Last year, his brother's baby mama died, and we are stuck

raising his brother's 11-year-old son. I told my husband I don't want to do this, but he refuses to listen. My youngest child is 28 years old. I think he is choosing this over our marriage. Advice?

POST-PARENT IN SOUTH CAROLINA

DEAR POST-PARENT: This should not have been a unilateral decision. Why isn't the boy's father prepared to raise his son? Are there other relatives, such as your in-laws, who could step in? If your husband is dead set on going forward over your objection, make clear in advance that because you have raised your children, HE will be doing the heavy lifting—cooking, laundry, homework supervision, school conferences, etc., for his nephew—and not you. That poor boy deserves to be raised in a loving and welcoming home, so please make an effort to be kind to him.

■■■■■

DEAR ABBY: Years ago, my father gave my mother a mink coat and a gold and diamond necklace. Shortly afterward, he left her for another woman. Mom gave me the coat and the necklace because she wouldn't wear them. She passed away several years ago, and now, due to health expenses, I need whatever money the necklace may bring. Am I wrong to sell it? My daughter doesn't want me to, but I don't think she knows the whole story.

DEAR ABBY

BY ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



LETTING GO IN VIRGINIA

DEAR LETTING GO: Because you need the money the necklace would bring, by all means sell it. And when you do, explain to your daughter that while she may consider the necklace to be a treasured heirloom from her grandmother, it's really a reminder of a painful betrayal, and necessity dictates that you unload it now.

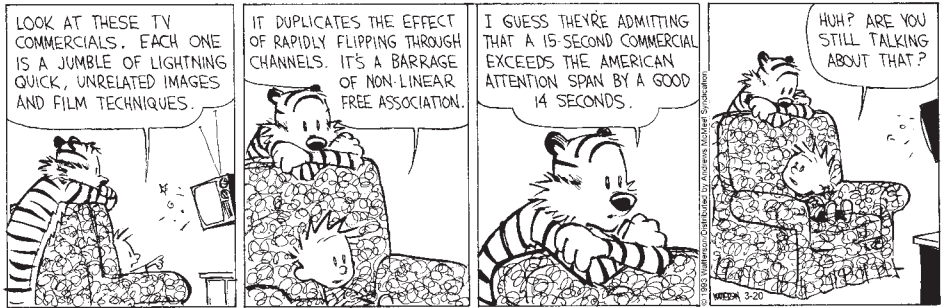
■■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson



Garfield®

By Jim Davis



Adam@home

By Bryan Basset



The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS

1 Legal wrong

5 Turkish topper

8 Eyelid woe

12 Baseball's Moises

13 Swiss canton

14 Rock genre, briefly

15 Mad king of theater

16 Capital of Chile

18 Welsh dogs

20 Artist's surface

21 Ways to the WWW

23 Corp. boss

24 Kids' play areas

28 Trudge

31 "The Wire" airer

32 Dined at home

34 Greek cross

DOWN

1 Body powder

2 Margarine

3 Crowd noise

4 Bombastic

5 Nitpickers

6 Time line

7 Galvanizing matter

8 Backbones

9 John of "Grease"

10 Sun Salutation

11 Holly-wood clasher

17 Tic-toe

19 Actress Fisher

22 Mirror fogger

24 "Quiet!"

25 — Dhaba

26 "Babylony!"

27 Sleeveless vests

29 Scull tool

30 Chaplain

33 "The Intern" actor

36 Ra, to some

38 Women's shoe style

40 College URL

42 Cruising

43 React in horror

44 Staffer

46 "Insecure" star

47 Elevator name

48 Crazy

50 — de plume

Solution time: 26 mins.

ABA A D E D I S H
W E B S C A M O A R S
L A B O H E M E U N I T
S T R A T I R I B
T O N A N T I C S
G R E E N E L K O A K
D E A R A D D A W R Y
A L S I C U F L A R E
Y O Y O M A A L I
P O D B O B B L E
S T E T E M E R I T U S
S I R I M A T E U L M
N A R C E A S T S U E

Last Friday's Answer 03/13

CELEBRITIES BORN ON THIS DAY: Ruby Rose, 37; Freema Agyeman, 44; Holly Hunter, 65; Spike Lee, 66.

Happy Birthday: Follow your heart this year and immerse yourself in something that makes you feel passionate and good about yourself and your accomplishments. Let go of whatever is holding you back and concentrate on what you can achieve. Changing how you handle situations and the adjustment you make to improve your life will bring you full circle. Romance is encouraged. Your numbers are 4, 15, 21, 25, 32, 35, 47.

ARIES (March 21-April 19): Plan your actions, leave no room for error and use your energy wisely. Don't let anger set in when action is required. Live up to your promises and walk away from those who don't. Opportunity begins with you. Clear the path to victory. ***

TAURUS (April 20-May 20): Pamper yourself, and you'll lift your spirits and receive compliments from someone special. A little discipline will help you rearrange the negatives in your life and bring about a routine that encourages good health and happiness. Romance will enhance your love life. ****

GEMINI (May 21-June 20): Take everyone into consideration and think about how they can be most helpful to you. Giving others the freedom to do what they do best will result in additional time to fine-tune what you offer. Progress requires you to create opportunities. **

CANCER (June 21-July 22): Let your mind wander and your creative imagination will lead you to victory. Keep

your plans and your life simple and easy to control. Spend less. By refusing to complain or criticize, you'll avoid a word war that can upset your status. *****

LEO (July 23-Aug. 22): If you feel strongly about something, stand up and be counted. Your input will make a difference if you act accordingly. Refuse to let someone use emotional tactics to get you to adjust to something you don't want. Follow your heart. ***

VIRGO (Aug. 23-Sept. 22): Get started, don't look back and use your power to make a difference. Gather information, try your hand at something new and find the inspiration to up your game and play to win. Use your energy wisely and avoid an emotional argument. ***

LIBRA (Sept. 23-Oct. 22): It's up to you to initiate your goals. Stop waiting for things to happen. Do your part. Anger and frustration are the results of not pursuing your dreams. Step up and reach out to experts and those who can contribute to your plans. ***

SCORPIO (Oct. 23-Nov. 21): Test the waters, ask questions and make a trial run; being prepared will make a difference to the outcome. It's time for a lifestyle change that promises better health and personal happiness. Take control and do what's best for you. Romance is favored. *****

SAGITTARIUS (Nov. 22-Dec. 21): Be careful what you wish for. What may sound like a sure thing will lack substance. Pay more attention to home and family, and find a way to use your space better. A fitness routine will help you achieve your goal. **

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Spend on comfort and convenience. Maintain a balance between work and play. Trying to keep up with others is stressful and can become nonproductive. Go at a speed you find comfortable and do your best. ****

AQUARIUS (Jan. 20-Feb. 18): Take a pass on unnecessary purchases. Instead, invest in yourself and how you use your skills, knowledge and experience to increase your income. Change is only good if it eases stress and makes you happy. Be careful; sidestep injury or illness. ***

PISCES (Feb. 19-March 20): Aim to be more efficient. Whether you face problems running your home, what you are designating your time and money to or how you get along with those who live under the same roof, it's essential to be fair, frugal and friendly. ***

Birthday Baby: You are visionary, sensitive and understanding. You are dedicated and loving.

☾: Avoid conflicts; work behind the scenes. ☼: You can accomplish, but don't rely on others. ☼☼: Focus and you'll reach your goals. ☼☼☼: Aim high; start new projects. ☼☼☼☼: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku

By Dave Green

	8			1	5	2		9
7				2	3	8		
4	1		8		9		3	
				3	1	4		6
2	6	5	7				8	
3		1	5	8				
	3					7		
	2					5	4	3
9		4	3	5	8			

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's Answer

1	8	6	2	5	4	7	9	3
4	3	5	8	7	9	2	1	6
7	2	9	3	1	6	8	4	5
6	1	8	9	3	5	4	7	2
5	7	3	4	2	1	9	6	8
9	4	2	6	8	7	3	5	1
8	6	4	1	9	3	5	2	7
3	5	1	7	4	2	6	8	9
2	9	7	5	6	8	1	3	4

Difficulty: ★ 3-20
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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

MUSEUM DOCENTS Solution: 11 letters

P L C T B Y Y C O U N C I L M
A L I O H R R G U I D E ® N R
R I O B O G A I N L D O U R O
K K M T R L I T U U T L O A F
S S S O L A E L C Q A U T E N
Y I U E E R R A T N N H R L I
H P R V E S T Y O O E P I E N
P Y R S C O D I N A E S S H S
O E T H R U S I T S T S P C T
S M O U T S A E N E D A E R R
O O N S E L R I N O A I A A U
L C A F P E U T A T S C K E C
I T O X Y T I V I T C A H S T
H R E E T N U L O V A L U E O
P R E S E N T A T I O N E R R

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Activity, Books, Council, Culture, Dinosaur, Educator, Explain, Gallery, Group, Guide, History, Inform, Inquiry, Inspire, Instructor, Interest, Learn, Library, Listen, Parks, Philosophy, Presentation, Professional, Read, Research, School, Serve, Skill, Speak, Spotlight, Statue, Study, Teacher, Theater, Tour, Value, Volunteer
Last Saturday's Answer: Warmth
Last Friday's Answer: Music
The NEW Volume 70 can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

STUMPED?

For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

No. 8 seed Arkansas sends defending champ Kansas home

NCAA **DES MOINES, Iowa** (AP)—Kansas' national title defense ended in the second round of the NCAA Tournament on Saturday when Arkansas' Ricky Council IV made five free throws in the closing seconds and the eighth-seeded Razorbacks beat the No. 1 seed Jayhawks 72-71.

Davonte Davis scored 25 points and Council added 21 as Arkansas rallied from a 12-point second-half deficit. Kansas, playing without ailing coach Bill Self, became the second top seed not to escape the tournament's first weekend after Purdue lost on Friday night to No. 16 seed Fairleigh Dickinson.

Arkansas (22-13) and coach Eric Musselman return to the Sweet 16 for the third straight year. The Razorbacks will play either Saint Mary's or UConn in the West Region semifinals in Las Vegas on Thursday.

Self has been with the Jayhawks (28-8) since they arrived in Des Moines and has attended practices and meetings, but he still didn't feel well enough to coach a game after having a heart procedure March 8 to clear clogged arteries.

Davis scored 21 of his points in the second half. He fouled out with 1:56 left, turning things over to the veteran Council, a transfer from Wichita State who scored nine of the Razorbacks' final 11 points.

Jalen Wilson led the Jayhawks with 20 points.

UCLA 68, NORTHWESTERN 63
SACRAMENTO, Calif. (AP)—Jaime Jaquez Jr. scored 24 points and UCLA withstood a second-half push from Northwestern to get



Arkansas head coach Eric Musselman celebrates with fans after a second-round college basketball game against Kansas in the NCAA Tournament, Saturday, March 18, 2023, in Des Moines, Iowa. AP

back to the Sweet 16.

The second-seeded Bruins (31-5) turned up the defensive intensity late, holding the seventh-seeded Wildcats to 1-for-12 shooting during a key late-game stretch.

UCLA's David Singleton went down in extreme pain with a right leg injury with 20.3 seconds remaining. He stayed down on the court for a few minutes before getting helped off by teammates and going straight to the locker room. There was no immediate word on the extent of the injury.

UCLA made it to a third straight Sweet 16 for the first time in 15 years. The Bruins will play either Gonzaga or TCU in the West Region semifinals in Las Vegas on Thursday night.

Amari Bailey added 14 points and Tyger Campbell scored 12 for UCLA.

Boo Buie scored 18 points to lead Northwestern (22-12), Matthew Nicholson added 17 and Chase Audige scored all 16 of his points in the second half.

EAST REGION
TENNESSEE 65, DUKE 52

ORLANDO, Fla. (AP)—Olivier Nkamhoua tied his career high with 27 points, including 13 straight for Tennessee during a decisive span in the second half, and the fourth-seeded Volunteers beat Duke to advance to the Sweet 16 for the first time since 2019.

Tennessee (25-10) ended Duke's 10-game winning streak and sent first-year coach Jon Scheyer, charged with replacing Mike Krzyzewski, home after two NCAA Tournament games. These Vols used a brand of "bully ball" to send the fifth-seeded

Blue Devils (27-9) packing.

Tennessee advanced to face Florida Atlantic or Fairleigh Dickinson on Thursday in the East Region semifinals at Madison Square Garden in New York.

Duke didn't handle Tennessee's physical style very well. The Volunteers set the tone early, clearly wanting to push around Kyle Filipowski and get hands in the faces of guards Jeremy Roach and Tyrese Proctor. Filipowski took an elbow to his face and ended up with a small cut under his left eye.

Proctor led Duke with 16 points. Roach and Filipowski chipped in 13 apiece.

SOUTH REGION
SAN DIEGO STATE 75, FURMAN 52

ORLANDO, Fla. (AP)—San Diego State had little trouble ending the run of March Mad-

ness darling Furman, getting 16 points from Micah Parrish to pace a balanced scoring attack.

Darrion Trammell had 13 points, Lamont Butler added 12 and leading scorer Matt Bradley finished with 10 for San Diego State (29-6), which is heading to its first Sweet 16 since 2004. The Aztecs have won 11 of their past 13 games and will play Alabama on Friday in the South Region semifinals in Louisville, Kentucky.

San Diego State is the first Mountain West Conference team to reach the Sweet 16 since Nevada in 2018.

Mike Bothwell led the 13th-seeded Paladins (28-8) with 15 points. Furman had eliminated Virginia in the first round, the initial bracket-busting result in this year's tournament.

ALABAMA 73, MARYLAND 51
BIRMINGHAM, Ala.

(AP)—Brandon Miller heated up and so did Alabama, which avoided the fate of two other top NCAA Tournament seeds and brushed aside Maryland behind a dominant second half.

The Crimson Tide (31-5) advanced to their second Sweet 16 in the past three tournaments and ninth overall. Alabama will face fifth-seeded San Diego State in the regional semifinals.

Alabama and Miller got off to a slow start but the All-America freshman and top NBA prospect wound up with 19 points after going scoreless in the first-round game. Miller is nursing a groin injury and missed his first nine shots of the tournament.

Jahvon Quinerly scored 22 points on the one-year anniversary of his left knee injury in a second-round loss to Notre Dame.

Julian Reese had 14 points for Maryland (22-13) before fouling out. Jahmir Young scored 12.

PRINCETON 78, MISSOURI 63
SACRAMENTO, Calif.

(AP)—Blake Peters made five 3-pointers in the second half and Princeton shocked another power conference team to reach the Sweet 16 for the first time in 56 years.

No. 15 seed Princeton (23-8) followed up a first-round win over Pac-12 tournament champion Arizona by dominating seventh-seeded Missouri (25-10) of the Southeastern Conference from the start.

The Ivy League school reached the regional semifinals for the first time since 1967 when only 23 teams even made the tournament. Princeton will play either

Baylor or Creighton in Louisville, Kentucky, on Friday night.

This marks the third straight year a team seeded 15th made it to the Sweet 16, following Oral Roberts in 2021 and Saint Peter's last year. The only other time a 15 seed made it this far came in 2013 when Florida Gulf Coast did it.

Ryan Langborg led Princeton with 22 points and Peters added 17.

DeAndre Gholston scored 19 points and Noah Carter added 14 for Missouri, which was seeking its first berth in the Sweet 16 since 2009.

MIDWEST REGION
HOUSTON 81, AUBURN 64

BIRMINGHAM, Ala. (AP)—Marcus Sasser looked just fine, scoring 22 points, and top-seeded Houston stifled local favorite Auburn in the second half.

The Cougars (33-3) overcame a 10-point halftime deficit. Essentially shutting down the lane, Houston played with the desperation of a national championship contender that wasn't ready to suffer the same fate as Purdue and Kansas—No. 1s that already were sent home.

Led by Tramon Mark with 26 points, Houston advanced to face either Indiana or Miami in the Midwest Region semifinals in Kansas City, Missouri, on Friday.

Johni Broome and Jaylin Williams each scored 14 points to lead the Tigers (21-13) were doomed by a stretch of more than 10 1/2 minutes without a field goal and finished just 4 of 24 from the field in the second half.

TEXAS 71, PENN STATE 66
DES MOINES, Iowa (AP)—

Dylan Disu had a season-high 28 points on 14-for-20 shooting and steadied Texas down the stretch as the Longhorns beat Penn State to reach their first Sweet 16 in 15 years.

The second-seeded Longhorns (28-8) made just one of 13 shots from 3-point land, so Disu turned this one into a mid-range game. He went 5 for 5 over the final 4 1/2 minutes and finished with 10 rebounds.

Sir Jabari Rice scored 13 points for Texas, which will play the Pittsburgh-Xavier winner on Friday in the regional semifinals.

Camren Wynter had 16 points for the 10th-seeded Nittany Lions (23-14), who were coming off their first NCAA Tournament victory in 20 years. Second-team All-American Jalen Pickett had 11 points and 10 rebounds with seven turnovers.

Turner's grand slam lifts US over Venezuela, into WBC semis

MIAMI (AP)—Trea Turner hit a go-ahead grand slam in the eighth inning that lifted the United States over Venezuela 9-7 Saturday night and into the World Baseball Classic semifinals.

The defending champion U.S. will face Cuba on Sunday night for a spot in the WBC final against Japan or Mexico. St. Louis Cardinals right-hander Adam Wainwright will start for the U.S. against Cuba.

Venezuela second baseman and Houston Astros star Jose Altuve left in the fifth with a right hand injury after he was hit by a pitch from Daniel Bard. The Astros said there will be an update on his

status Sunday.

Trailing 7-5, the United States loaded the bases in the eighth on a walk, single and hit by pitch against losing pitcher Jose Quijada. Silvino Bracho relieved and Turner, the No. 9 batter in the U.S. lineup, sent his 0-2 changeup 407 feet to deep left field for the third grand slam in American WBC history.

"Individually, I think this is probably the biggest hit that I've had ... probably right up there with any hit I've ever had," Turner said.

U.S. manager Mark DeRosa said Saturday's win was one of the three greatest game's he's ever been a part of—including winning the World Series with the San Francisco Giants in 2010.

"I told the guys before the

game, I wanted to match their passion," said DeRosa, who once played for the Venezuelan professional team Leones del Caracas. "I had played over there. I had been a part of that, coming out of the dugout and jumping around ... When Trea clipped that ball, honestly, I saw about 35 guys, including the coaches, kind of black out and lose their minds for a minute. So it was just an awesome moment."

David Bednar, the fifth of seven U.S. pitchers, got the win and Ryan Pressly finished with three straight outs for the save.

Luis Arraez, playing the ballpark that he'll soon call home with the Miami Marlins, had the first multihomer game of his professional career and drove in four runs for Venezuela.

The U.S. team boasts a roster

of big names that many picked to repeat as WBC champions.

All nine batters in the U.S. starting batting order were All-Stars, including Los Angeles Dodgers right fielder Mookie Betts, Los Angeles Angels center fielder Mike Trout, Cardinals first baseman Paul Goldschmidt and third baseman Nolan Arenado.

The U.S. is in the top six in the tournament in batting average (.296), RBIs (34) and hits (48), and every American starter had a hit against Venezuela, which had gone 4-0 in group play.

"Unfortunately, this is baseball," Venezuela manager Omar López said. "We have to accept this and as men we have to keep our heads up. It is not easy, especially when they came back in the game."

Brunson returns, powers Knicks past West-leading Nuggets



NEW YORK (AP)—Jalen Brunson scored 24 points in his return from a left foot injury, leading the New York Knicks to a 116-110 victory over the Western Conference-leading Denver Nuggets on Saturday.

Brunson had 16 points in the first quarter to get the Knicks off to a quick start, then finished strong to help them come back after trailing by 13 in the second half. Brunson had missed five of the last six games and made it through only half the one game he did play because of soreness.

RJ Barrett added 21 points and Julius Randle had 20 for the Knicks, who won their third straight and improved to 42-30, guaranteeing just their second winning record in the last 10 seasons. Robinson grabbed nine rebounds.

Nikola Jokic had 24 points, 10 rebounds and eight assists for the Nuggets, who lost for the fifth time in six games. Jamal Murray scored 25 points.



New York Knicks guard Jalen Brunson (11) drives against Denver Nuggets guard Kentavious Caldwell-Pope (5) during the second half of an NBA basketball game, Saturday, March 18, 2023, at Madison Square Garden in New York.

76ERS 141, PACERS 121

INDIANAPOLIS (AP)—Joel Embiid and Tyrese Maxey each scored 31 points and Tobias Harris added 24 as Philadelphia routed Indiana to match its season high with an eighth consecutive victory.

In a matchup of teams missing All-Stars—Philadelphia's James Harden and Indiana's Tyrese Haliburton—the 76ers shot 61% from the field, led by as many as 24 points and never looked back after overcoming an early eight-point deficit. De'Anthony Melton started in Harden's place and finished with 14 points, five assists, five rebounds and six steals. Embiid chipped in seven assists and seven rebounds, while Maxey had seven assists.

Aaron Nesmith led the Pacers with 25 points and six rebounds, Andrew Nembhard scored 20 points, and Myles Turner finished with 20 points.

JAZZ 118, CELTICS 117

SALT LAKE CITY (AP)—

NBA fines Grizzlies' Brooks \$35K for shoving camera person

NEW YORK (AP)—The NBA fined Memphis Grizzlies guard-forward Dillon Brooks \$35,000 on Friday for shoving a camera person on the sideline after chasing a loose ball in a loss in Miami.

Joe Dumars, the NBA's executive vice president and

head of basketball operations, announced the fine.

Brooks shoved the person with 2:40 left in the second quarter of Memphis' 138-119 loss in Miami to the Heat on Wednesday night.

Brooks was suspended for Memphis' 135-129 loss

at the Los Angeles Clippers on March 5 after picking up his 16th technical of the season in a loss at Denver two days earlier.

The Grizzlies wrap up a three-game road swing Friday night at the San Antonio Spurs.

Lauri Markkanen scored 28 points and Walker Kessler had a game-saving block to help Utah to a comeback win over Boston.

Grant Williams, who had 23 points and a career-high seven 3-pointers, was driving for a potential game-winner but ran into Kessler, who blocked his shot just before the final buzzer.

Talen Horton-Tucker had 19 points and Ochai Agbaji added 16 for the Jazz, who overcame a 19-point deficit to win and stay in the thick of the Western Conference playoff race.

Jaylen Brown scored 25 points, Malcolm Brogdon

had 16 and Jayson Tatum finished with 15, but was shut out in the second half as the short-handed Celtics were playing their third game in four nights. The Celtics made 22 3-pointers, one off their season high, but missed enough down the stretch for the Jazz to pull off the win.

MAGIC 113, CLIPPERS 108

LOS ANGELES (AP)—Markelle Fultz scored 12 of his 28 points in the fourth quarter, Wendell Carter Jr. had 27 points and 12 rebounds, and Orlando snapped its two-game skid with a victory over Los Angeles.

Franz Wagner scored 20 points and hit a gutsy 3-pointer with 40 seconds to play for the Magic, who had lost five of six before taking the lead in the fourth quarter and holding on.

Paul George scored 30 points for the Clippers, whose four-game winning streak ended on the last contest of a five-game homestand. Ivica Zubac had 16 points and 16 rebounds for LA on his 26th birthday, grabbing his 3,000th career rebound in the first half. Kawhi Leonard skipped the game to rest his right knee, sitting out for the 29th time in the Clippers' 71 contests this season.

RAPTORS 122, TIMBERWOLVES 107

TORONTO (AP)—Pascal Siakam had 27 points and 10 rebounds and Toronto extended its season-high home winning streak to seven by beating Minnesota.

Jakob Poeltl had 14 points and 11 rebounds, matching his career high with his fourth straight double-double, to help the Raptors improve to 24-4 all-time in home meetings with Minnesota. Fred VanVleet scored 28 points for Toronto, while Gary Trent Jr. added 19, O.G. Aunoby 15 and Scottie Barnes 10.

Rudy Gobert had 14 points and 12 rebounds and Naz Reid scored 22 points for the Timberwolves, who were playing the second game of a back-to-back. Minnesota lost in double overtime at Chicago on Friday.

The Wolves played without guard Anthony Edwards, who left in the first quarter Friday because of a sprained right ankle. Coach Chris Finch said Edwards is

using a walking boot, adding there's no timetable for his return.

KINGS 132, WIZARDS 118

WASHINGTON (AP)—Domantas Sabonis had 30 points, nine rebounds and nine assists, and Terence Davis II provided an early spark off the bench and added 21 points as Sacramento beat Washington.

Six players scored in double figures for the Kings. Keegan Murray scored 19, Malik Monk added 17, De'Aaron Fox had 12 and Harrison Barnes 11. Sacramento shot 21 for 34 (61.8%) from 3-point range, with five each from Murray, Davis and Monk. Sacramento has won 11 of its last 13 and seven straight on the road.

Kyle Kuzma scored 33 points and Bradley Beal added 20 for the Wizards, who have lost seven of their last nine.

GRIZZLIES 133, WARRIORS 119

MEMPHIS, Tenn. (AP)—Jaren Jackson Jr. had 31 points and four blocks and Memphis used a fourth-quarter push to defeat Golden State.

Desmond Bane added 26 points for Memphis and Dillon Brooks finished with 18 points while shooting 7 of 10, including all four of his 3-point attempts.

Jonathan Kuminga matched his season high with 24 points to lead the Warriors. Jordan Poole had 21 points, and Stephen Curry scored 16, but was 5 of 15 from the field. Klay Thompson added 14 points on 6-of-17 shooting, part of the Warriors finishing the night at just 43%.

BULLS 113, HEAT 99

CHICAGO (AP)—DeMar DeRozan scored 24 points to lead a balanced Bulls offense and Chicago held off a late surge by Miami.

DeRozan shot 9 of 12 from the floor to help the Bulls sweep the season series from the Heat. Coby White made four 3-pointers and finished with 18 points, Zach LaVine also had 18 and Patrick Beverley added 17 as the Bulls shot 56.3% (45 for 80) from the field overall, including 17 for 34 from 3-point range.

Chicago nearly blew all of a 27-point lead after Nikola Vucevic converted a 3-point play with slightly more than 10 minutes left in the third quarter. Miami, led by 24 points overall from Jimmy Butler and 23 from Bam Adebayo, cut its deficit to 93-90 with nine minutes left.

NFL wants judge to send discrimination claims to arbitrator



NEW YORK (AP)—NFL lawyers are urging a New York judge to change her mind and agree to let racial discrimination claims against the league and its teams go to arbitration rather than trial.

In written arguments late Wednesday, the lawyers said Judge Valerie E. Caproni in Manhattan should reverse her recent decision finding that some claims by NFL coach Brian Flores can go to trial.

Flores, the new defensive coordinator for the Minnesota Vikings, sued the league and three teams last year, saying the NFL was "rife with racism," particularly in its hiring and promotion of Black coaches.

Caproni ruled on March 1 that discrimination claims by two other Black coaches, Steve Wilks and Ray Horton, must go to arbitration. She let claims Flores made against the Miami Dolphins go to arbitration. Flores made some

of his most sensational claims against the team that fired him early last year after he led the Dolphins to a 24-25 record over three years.

Earlier this week, lawyers for the coaches asked her to reverse portions of that ruling allowing arbitration, saying that proceedings in which NFL Commissioner Roger Goodell would likely serve as the arbiter would set a dangerous precedent for businesses nationwide that will be motivated to emulate the NFL's

unfair arbitration practices.

In papers signed by attorney Loretta E. Lynch—a former U.S. attorney general—the NFL, the Denver Broncos, the Houston Texans and the New York Giants asked that the judge change her mind and force all of the claims made by Flores into arbitration.

"We do so only because we believe that the Court inadvertently overlooked important controlling authorities on two separate issues that were not previously briefed by the parties,

leading to two clear errors of law that, if corrected, might reasonably be expected to alter the Court's conclusion," the NFL and its teams asserted.

In her decision two weeks ago, Caproni said the claims made by Flores had shined "an unflattering spotlight on the employment practices of National Football League" teams.

"Although the clear majority of professional football players are Black, only a tiny percentage of coaches are Black," she wrote.

No Saipan Marathon this year

By MARK RABAGO
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ASSOCIATE EDITOR



The Marianas Visitors Authority has scrapped this year's Saipan Marathon due to budgetary constraints.

While a media release from the CNMI tourism body announced that the signature event's cancellation is caused by "budget adjustments delaying adequate planning time for a favorable season for international participation," MVA acting managing director Judy Torres elaborated more on the decision.

"Due to our limited funding available for this fiscal year, coupled with prioritization of funds to increase overall visitor arrivals, MVA has made the difficult decision to cancel the Saipan Marathon this year," she said in an email to *Saipan Tribune*.

Torres said because of the budget adjustment that was brought about by the inability of American Rescue Plans Act funds, the earliest MVA could now organize and promote the Saipan Marathon for visitors



A file photo from last year's Saipan Marathon that only hosted a half marathon, 10K, and 5K races.

would be in the summer.

She, however, contended that the timing will be then off as the summer, "is both too hot for serious competitors and also unpredictable due to the rainy season."

Torres then asked for the running community and stakeholders' understanding as they had to make the tough decision to cancel the Saipan Marathon, which returned last

year albeit just the half marathon, 10K, and 5K versions of the event.

"We realize this is a much anticipated sporting event for both international marathoners and our local runners, but at this time our resources must be devoted to obtaining the highest return on investment, with the goal of increasing government and private sector revenue. We are looking toward organizing

the event for 2024," she said.

Now three-time Women's 10K Run winner Lily Muldoon was disappointed to learn that the Saipan Marathon is being canceled this year.

"As a runner and advocate for health in the CNMI, I support organized races that get community members inspired and out moving their bodies. The changing economic climate can lead to increasing stress and levels of anxiety. Exercise is an important stress management tool that is healthy for our bodies and our minds," she said.

The medical director of the Division of Public Health at the Commonwealth Healthcare Corp. said in lieu of the Saipan Marathon, she enjoined the running community to partake of other exercise ideas like Zumba, the local soccer league, discovering pickleball, and going for an evening walk with your family.

"Of course, Run Saipan is always hosting energizing races. Come check out our group

doing one to two events per month!" she said.

Triathlon Association of the CNMI president Manny Sitchon said he can't really blame the MVA for canceling the Saipan Marathon this year as you need a full six months to promote it overseas. He said having no budget also always derails everything.

Runner Matthew Furan couldn't hide his frustration for having no Saipan Marathon this year.

"Any marathon takes months of preparation. With the anticipation of the island hosting a marathon, it was a goal I was working toward and prepared for. Sadly, this is just another event that loses out to the bad stewardship displayed on the island. Nevertheless, I run to better myself and will continue to do so," he said.

Stephen Dame, who like Furan is a pastor of a local church, said he was really looking forward to the 2023 Saipan Marathon so he could check it off his bucket list as he recovers from a serious injury.

"I understand that the funds aren't there for the marathon but

wish they had attempted to get sponsors or something. I trained really hard up until I heard it was canceled and then backed off my training. I was never a threat to win or even place, but wanted to finish as one more milestone in my recovery from my back injury. Again, not so much for 'look at what I've done' but look at what God has brought me from. I stopped the training because at my age and with my injury, I am afraid I only have one shot at this."

Rosemarie Chisato also felt frustrated by the cancellation, joking that a lot of her toenails have died due to training for the Saipan Marathon.

CNMI national athletics team mainstay Sildrey Veloria, for his part, said the 2023 edition of the event was supposed to be his chance for redemption.

"I was excited at first because the event was coming up. I did a bad job the last time, so I wanted to make up for it at the half marathon. But I guess I'll have to wait until next year. I've been training consistently for the half marathon and the world's cross country for about three months," he said.

MANTA

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with 3:33.86.

In the final co-ed 1,000m race, Manta Rays won by a long shot at under seven minutes with 6:44.64. KHS were a far second with 7:13.68, and the Dolphins were last at 7:20.26.

The runners-up in the co-ed division were the Ayuyus with 38 points, while the Dolphins were behind with 34 points.

Aside from last Saturday's final race, point totals were accumulated from races held last Feb. 25, Feb. 18, and Feb. 11. The March 18 finals rewarded double points.

The Manta Rays team include Phillip Aldan, Tyler Andrew, Yu Ling Chai, Eric David, Skye Kawgdo, Florencio Nekai, Michael Peters, Endymion San Nicolas, Marion and

Mitch Sayas, Ava Benavente, Martha Cabrera, Gracie Mendiola, Mai Janae Peters, Reianah Porras, Sadia Rahman, Jobelle Sapo, Koleen Singeru, Queenie Torwan, and Natasha White.

Coach Joe Weaver said after the championships, that the teams continue to put in not only 100%, but 110% as the competition every year is always fierce. "They did their best, but we just happened to pull out on top. A lot of hard work goes into this."

The success of defending the boys title was because of the crew's teamwork and cohesiveness of being together for the past couple of years, said Weaver. "They did a good job," he added.

Four of the boys—David, Kawgdo, and the Sayas are seniors—two of whom were in the team for all four years, with Weaver saying that they're all

special. Even with some paddlers leaving, Weaver and the team look forward to defending their title again next season and said, "we'll put together another group and come back strong."

As for what's next for the members, Weaver said that a few of them will try out for the national paddling team. "They have potential, they're really strong, and they have a lot of experience now—so they're ready."

Weaver then thanked everyone who helped put the outrigger event together, "special thanks to Northern Marianas National Paddle Sports Federation president Justin Andrew and PSS athletics director Nick Gross."

Results of the girls PSS Interscholastic Outrigger Canoe Race 2022-2023 championship will be reported in the next issue of *Saipan Tribune*.

THE DOC'S

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that domestic and sexual violence, "While this is a problem that impacts all people, women and girls are disproportionately affected. Working in the Emergency Department, we unfortunately see female patients severely suffering after violence. We see bruising, bleeding and broken bones. What we sometimes don't see is the mental impact and emotional trauma that can remain hidden. Unfortunately, many women only come to the ER for medical evaluation after more serious physical violence. Today is a reminder to all women and girls to speak out if somebody treats you poorly or if you are scared. We are here to help."

She then recognized the work of the Northern Marianas Coalition Against Domestic & Sexual Violence, or the NMCADSV, which is a nonprofit organization established in 2007 with

the mission to promote, nourish, and sustain a collective movement to end violence in the CNMI. The participants ran in solidarity with executive director Maisie Tenorio—who also ran the race, said Muldoon.

According to Muldoon, nurse practitioner Shawna Brennfleck was the original inspiration to use the annual Women's 10K run as an awareness campaign for these pressing issues. "Brennfleck is active in the community and has worked as an assault nurse examiner and shared with us first-hand the importance of bringing awareness to domestic and sexual violence in the CNMI," said Muldoon.

As for the race, she said that the Women's 10K is always the highlight of her year. "We did the inaugural 10K in 2021 and I have looked forward to the race ever since. I was shocked to learn that I broke the course record by 10 seconds. This year I was planning to "take it easy" at the race because I had worked an overnight shift so was com-

ing from the Emergency Department directly to the start line. But Akiko kept a strong pace and did not let down the entire course. We cheered for other runners together and motivated one another to keep going, at high speeds. I was able to break away with about half a kilometer remaining and have never felt so exhausted crossing the finish line," said Muldoon.

She added, "I especially enjoyed seeing so many friends on the road who were wearing teal and purple, the colors representing sexual assault and domestic violence. These women motivate me and inspire me to keep training and to speak up."

NMA thanks the sponsors, donors, and partners of the event which are Marpac Michelob Ultra, Run Saipan, Hyatt Regency Saipan, Department of Public Safety, Department of Fire and Emergency Medical Services, Triple J Inc. Saipan, IT&E, and volunteers.

Results of the 5K race will be posted in the next issues of *Saipan Tribune*.

2023

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Miranda added that the postponement of the 2023 Micronesian Games is the best move at this point.

"The safety of our athletes and attendees are major considerations in processing the viability of the continuance of the Games. For us to mitigate the formalities and avoid costs that all MGAs (Micronesian Games Associations) will be burdened upon in preparation for the Games, it is with regret that we announce the delay of the Micronesian Games scheduled for July 2023."

He said the Micronesian Games Executive Council will host a virtual meeting in the coming months to provide detailed information to members and work on the next steps the Micronesian Games Council will need to take for future events.

This is the fourth time the Majuro Micro Games has been postponed. It was originally set for July 2022 then first rest to November 2022 before being slated to July 2023.

The Micronesian Games Council didn't set a new date for the 10th Micronesian Games. It will be the first time the Marshall Islands will ever host the quadrennial

event, which started in 1969 as the Micronesian Olympics on Saipan.

The CNMI is expected to send athletes in athletics, basketball, volleyball, wrestling, weightlifting, tennis, swimming, and *va'a* (outrigger canoe) in the Games.

The heads of sports federations were understandably sad with the now seeming uncertainty of the Micro Games.

Northern Mariana Islands Tennis Association president Jeff Race said with no new date for the Micronesian Games, he doesn't have any idea who among the CNMI's top players will be available.

"My biggest concern, like

that of the Pacific Games in November, is being able to field a team at certain times when players are not available. At least half of our players, and many of our best ones, are college students who can't just take two weeks off of school to come for the Games. The July timeframe was a good one as many of our athletes not only are off of school, but come home for the summer holiday and so are already on island."

Saipan Swim Club coach Richard Sikkel, meanwhile, understands the reason for the delay.

"It is unfortunate that it has been delayed, but if the Marshalls are not ready, they

aren't ready. I appreciate that they took this difficult decision with athlete comfort and safety in mind. Hopefully the Micronesian Games Council will be able to set a new date at a later date."

The Northern Mariana Islands Swimming Federation board member also said if the council does pick a date for the Games, they will be ready.

"As for swimming, our national swimmers practice year round and they will be ready to compete whenever the new dates are announced," he said.

Tsunami Saipan Swimming Center coach Hiroyuki Kimura agrees with Sikkel.

"Delaying is no problem for

my swimmers. We are ready for any competition anytime," said the many-time CNMI national swimming coach.

While he also understands the rationale behind the postponement, Northern Mariana Islands Basketball Federation president James Lee said it will make sending athletes to the Games even more challenging.

"It's unfortunate and understandable, but now it adds an additional challenge for us on top of looking for funding to go to the Games, our off-island athletes that are planning to return back to represent and logistic-wise since there are no new set dates of the event."



No. 8 seed Arkansas
sends defending
champ Kansas
home
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No Saipan
Marathon this
year
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SAIPAN TRIBUNE

The Doc's in for a 3-peat in Women's 10K

By LEIGH GASES
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REPORTER

Good things come in threes and St. Patrick's Day upped the luck for Dr. Lily Muldoon, Commonwealth Healthcare Corp. Medical Director of Public Health, as she clocked in the fastest again out of 40 women for a three-peat in the 3rd edition of the Northern Marianas Athletics Annual Women's 10K Run 2023 last Saturday.

At 43:34, it is now the course's new record. She

shaved off 15 seconds from her time last year and also broke her first race finish time of 43:42.

Muldoon, however, was never far from second place Akiko Miller's reach as she sprinted across the finish line a breath's distance away at 43:42. Student athlete Andrei Kaithlyn Chavez came bounding into third place with a time of 45:53.

For Muldoon and many

participants, this run was special as, not only did they run for Women's Month, they also ran for another good cause—to support awareness of domestic and sexual violence. The finish line was sparked with the shirt colors of teal, for sexual violence, and purple, for domestic violence, along with headbands that said "Amplify the Movement."

Muldoon said after the race

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LEIGH GASES
Dr. Lily Muldoon wins the Northern Marianas Athletics Annual Women's 10K Run 2023 for a three-peat and breaks the course record at 43:34 last Saturday.

Manta Rays glide to boys, co-ed va'a champs



LEIGH GASES

The Saipan Southern High School co-ed outrigger team wins the co-ed division championship of the Public School System Interscholastic Outrigger Canoe Race 2022-2023 last Saturday in the waters off Kilili Beach in Susupe.



LEIGH GASES

The Saipan Southern High School boys outrigger team successfully defends their championship trophy in the Public School System Interscholastic Outrigger Canoe Race 2022-2023 last Saturday in the waters off Kilili Beach in Susupe.

By LEIGH GASES
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REPORTER

The Saipan Southern High School Manta Rays boys and co-ed outrigger teams glided with ease to the perpetual plaque in the championships of the high school Public School System Interscholastic Outrigger Canoe Race 2022-2023 last Saturday.

The rowers from the south side continued their domi-

nance of the waters off Kilili Beach in Susupe as the SSHS

boys successfully defended their title and swept all races this season.

They rounded up the season with a perfect 85 total points after drowning out Marianas High School and Kagman High School in the preliminaries and finals of the 500m, 1,000m, and long distance race.

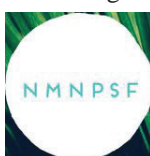
The Manta Rays showed off their skill and might with their paddles as in the final boys 500m race, they had the only time under three minutes

at 2:28.37, with MHS long behind at 3:03.05, and KHS lagging last at 3:07.47.

In the final boys 1,000m race, the SSHS rowers once again claimed first place with a time of 6:25.510; runner up was the Dolphins with 6:29.19, with the Ayuyus right behind at 6:40.10.

The Dolphins finished second in every race for a total of 49 points, while the Ayuyus were third with 19 points.

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2023 Micronesian Games again delayed

By MARK RABAGO
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Due to the unreadiness of the host islands' sports facilities, the 10th Micronesian Games in Majuro, Marshall Island has been delayed anew.

In a letter to member island nations of the Micronesian Games Council, secretary general Joey C. Miranda III regretfully informed that after recommendations from the Marshall Islands government and other stakeholders involved, they have come to the conclusion that the quadrennial event

can't be delivered in the July 2023 date that was promised.

The boys and girls of SSHS finished first in the final co-ed 500m race at 3:17.44; a close second was the Ayuyus with 3:23.36; and third was MHS

can't be delivered in the July 2023 date that was promised.

"The president and his Cabinet have stated at this time with recommendations from the Ministry of Education and Sport and based heavily on the challenges to construction due

to the COVID-19 pandemic over the past two and a half years and recommendations from

Public Works assessment of facility readiness for the July dates, that there will be a delay of the Games. We will be seeking to reschedule the Games here in Majuro to a later date," he said.

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CONTRIBUTED PHOTO

The RMI National Sports Complex under construction in Majuro, Marshall Islands.